

Think About This



Wayne Douglas Weedon

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A Collection of Articles Previously Published in Magazines and Other Periodicals

Wayne Douglas Weedon

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Minnegaffe Edition

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A Religion of Slavery

The 272, a book written by investigative journalist Rachel L. Swarns, describes how the Roman Catholic Church built its massive fortunes in North America on the backs of slaves. This book is not available in local libraries and is not being reviewed by major publications such as the Winnipeg Free Press. One wonders if this book is not being passively censored.

In North America, the Roman Catholic Church has owned more slaves than any other group or individual. In Maryland, as an anti-slavery movement was picking up speed, to avoid losing their property, the RC Church began moving their slaves to the south. Two of these slaves, Isaac Hawkins and Susanna Queen, were newlyweds of only four months when they were forced to endure a monthlong journey of over a thousand miles by foot and flatboat along the Ohio River from the church's tobacco plantation in White Marsh, Maryland, to Florissant, Missouri.

After arriving in Florissant, Isaac and Susan settled into a crowded, one room log cabin that doubled as the kitchen and laundry. They shared this cabin with two other enslaved families who had accompanied them on their journey, Thomas and Molly Brown, as well as Moses and Nancy Queen.

Along with other slaves, these six individuals were forced to commence the difficult work of creating what would become a Jesuit seminary. Besides working on the construction of new buildings, they were forced to do other work, including, farming, sewing, laundering, and cooking for the Jesuits.

On May 8, 1824, Susan Hawkins gave birth to a son, Peter, who, during his lifetime, experienced the brutality of enslavement at the hands of his Jesuit masters. Peter was present when Jesuits had enslaved men flogged and he also witnessed a woman slave who, having refused to remove her own clothing, was forcibly stripped naked, tied down, and thrashed while the other slaves, as a lesson to them, were forced to watch the proceedings.

At the end of the Civil War, when slaves were emancipated, Peter's title was changed from slave to indentured servant, and he continued to work and live on this seminary's property until his death in 1907.

It wasn't just the Catholics; many different Christian denominations not only condoned slavery but also owned slaves and profited from the slave trade. This is all part of hidden history which schools have failed to teach students, and human rights museums ignore.

Princeton University was founded as the College of New Jersey to train ministers for the Presbyterian Church. Princeton has recently made their archives available to researchers, who, hopefully, will ascertain how many slaves lived and worked on the Princeton campus, what their living conditions were like, and what eventually happened to these slaves.

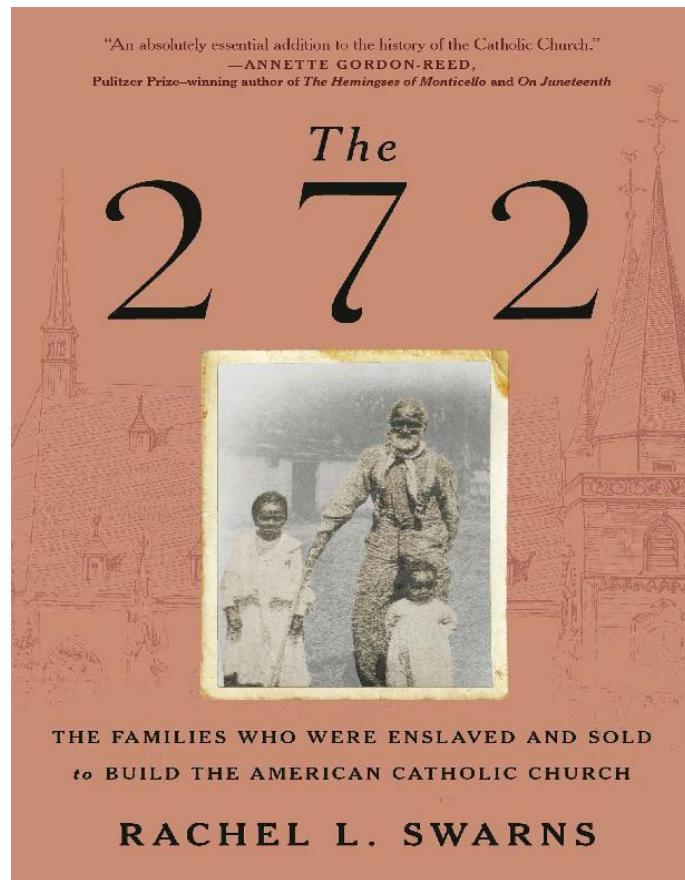
Carter Dowling, a former slave, wrote about how he had escaped from his owners, the Baptist Theological Seminary in Northern Virginia. With the help of the notorious abolitionist, William Still, Dowling describes how he eventually made his way to Canada and to freedom.

Frederick Douglass, a former slave, in his autobiography, describes his experiences with Christianity, "In running thither for shelter and succor, we have only fled from the hungry

bloodhound to the devouring wolf — from a corrupt and selfish world to a hollow and hypocritical church." Douglass preferred to have an atheist for a master, stating, the more religious and pious a slaveowner is, the more vicious and abusive he is. He wrote how, "The law backs his actions, and his southern religion sanctions them."

The astonishing thing is, many former slaves who were owned by various Christian institutions, as well as the descendants of these slaves, have clung to their religion which has a god who not only condones slavery, but also has commanded his followers to apprehend their enemies and force them into slavery. Former slaves have passed on this fear of a vindictive god and the fires of hell to their descendants, despite scientific evidence that it is all nonsense. As Seneca stated, "Religion is regarded by the common people as true, by the wise as false, and by rulers as useful." Indeed, many slaveholders found religion to be a very useful tool for brainwashing their slaves; to make them believe they are inferior beings who are unable to learn how to run their own lives.

Alfred Adler, the founder of Individual Psychology, tells us these former slaves and their descendants have an inferiority complex which makes them afraid of making decisions and taking charge of their own lives. They continue to look for a master, natural or supernatural, who will make decisions for them, and who will run their lives for them. By clinging to religion, they continue to be slaves, but, on a voluntary basis.



Reconciliation and the Death of Truth

Was Murray Sinclair reconciled with the knowledge that Truth would be joining him in the grave? The plan is to bury Truth by destroying the recorded testimonies given by residential school survivors.

Sinclair has referred to what happened at residential schools as being horrendous. Are individual stories too horrendous for Canadians to hear? Hiding these testimonies is the erasure of proof of what happened. These stories give specific details of one of the darkest chapters in this country's history, when our government and various religious institutions participated in torture, abuse, and genocide.

Psychologists explain to us, the main goal in these schools was to prevent children from maturing into independent and responsible adults. The deliberate physical, sexual, and mental abuse was effective in maintaining students as immature beings who are afraid to make their own judgments and fight their own battles. This ensures these victims will perpetually be dependent on the system.

The Truth Commission into Genocide in Canada is stating, Canada's "hidden history reveals a system whose aim was to destroy most native people by disease, relocation and outright murder, while 'assimilating' a minority of collaborators who were trained to serve the genocidal system." After reviewing government documents, this commission estimated more than 50,000 children died in various residential schools in Canada.

If the Canadian federal government had not prevented the class action suit by residential school survivors from proceeding, transcripts of survivors' testimonies, being official court documents, would now be available to anyone who requests them. Along with these stories, the public would also have access to defence statements given by government officials and the various religious institutions. Our government has allowed those who ran these schools to bury their guilt and get off scot-free.

Historians tell us Truth does not easily die. We may not get all the stories from Canadian residential school survivors, but there are enough books and documentaries from not only Canada, but also from many other countries, which expose the abuses of children by various governments and religious institutions. The historical evil done in the name of religion is coming to light and the malevolence of megachurches is being exposed. Evidence given by some of our most highly educated scientists such as Neil deGrasse Tyson and Richard Dawkins, are giving us sufficient proof that all religions are fairy tales and there are no gods.

There are many court documents, official investigations, and Grand Jury reports from around the world which give details of not only physical, mental, and sexual abuse; but also enforced slavery, torture, and outright murder. Not just Ireland, but information is easily obtained about the abuse of children and the use of slave labour in Canada at Good Shepherd Laundries. Documentaries such as *Spotlight* and *Sinners*, as well as books such as William Lobdell's *LOSING MY RELIGION*, and books by Naomi Klein, Sam Harris, Bertrand Russel, Joseph Atwill, Gerald Massey, Robert G. Ingersoll, Ria Croll, and Christopher Hitchens are pushing Truth out of the grave despite governments and megachurches trying to keep Truth buried. All

over the world, more and more people are throwing off their chains of religious beliefs and superstitions and finally freeing themselves, physically, and mentally.

In his books, Alfred Adler, one of the founding fathers of modern psychology, tells us religion is a form of mental illness. He describes religion as delusion and paranoia. Deep down inside, religious people do not have a true belief in gods, heaven, nor hell; the truth is, these people are so afraid not to believe, they make futile efforts to convince themselves that they do believe. Trying to convince themselves of something that does not make logical sense is driving them crazy.

Over the years, cries for help coming from children in government backed institutions continually fell on stopped-up ears. Government officials, church authorities, and the police repeatedly denounced these victims as liars and troublemakers. These children came to see themselves as powerless chattels who do not matter to anyone, not even to their parents who never came to save them. No wonder they developed inferiority complexes with feelings of worthlessness. Many have a wish to die, but with the threat of everlasting hell, there are those who are afraid to commit suicide. Falling into a spiral of self-destruction, many will attack innocent individuals whom they see as being weaker than them.

To accentuate how powerless these victims are, charity feeds and clothes them, and philanthropists confirm they cannot do it on their own. These do-gooders provide for them and run their life for them, and these philanthropists are given the title of Saint.

Such court documents as the ones below are available to the public. There are many of these in various countries. Some people have described them as being too horrendous for public viewing.

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NUNAVUT COURT OF JUSTICE
La Cour de justice du Nunavut

Citation: **R. v. DeJaeger, 2014 NUCJ 21**
Date: 20140812
Docket: 07-02-27; 07-11-6; 07-11-8; 07-11-9; 07-11-34; 07-11-36;
07-11-37; 07-11-40; 07-11-41; 07-11-44; 07-11-54; 07-11-76;
07-11-77; 07-11-106; 07-12-1; 07-12-2; 07-12-28; 14-11-83;
15-11-52; 24-12-20; 07-13-85; 07-13-95.
Registry: Iqaluit
Crown: **Her Majesty the Queen**
-and-
Accused: **Erik Jose De Jaeger**

(Please see "Let the People Know" page 85)

**IN THE COURT OF COMMON PLEAS FIRST JUDICIAL DISTRICT OF PENNSYLVANIA
CRIMINAL TRIAL DIVISION IN RE: : MISC. NO. 03-00-239 COUNTY INVESTIGATING GRAND : JURY
Of September 17, 2003 : C-1
REPORT**

TO THE HONORABLE GWENDOLYN N. BRIGHT, SUPERVISING JUDGE:

We, the County Investigating Grand Jury of September 17, 2003, were impaneled pursuant to the Investigating Grand Jury Act, 42 Pa.C.S.A. §4541 et seq., and were charged to investigate the sexual abuse of minors by clergy. Having obtained knowledge of such matters from physical evidence presented and witnesses sworn by the Court and testifying before us, upon our respective oaths, not fewer than twelve concurring, do hereby submit this Report to the Court.

The End of All Wars

What is wrong with the Ten Commandments? Richard Dawkins is telling us why they should not be placed conspicuously in public places where children may come across them. Formerly in Canada, and even today in some other countries, Dawkins would be decapitated for his blasphemous views.

Fifteen years ago, when some of Canada's blasphemy laws were still in force, Richard Dawkins came to Canada to promote his then new book, *The Greatest Show on Earth*. Canadian authorities did not arrest Dawkins even though he was contravening Canadian laws. Our authorities knew very well, Dawkins would make a laughingstock of them if they ever took him to court. Dawkins had listed his arguments against the truthfulness of the King James Bible in his books and Canadian authorities knew that any fair and just judge would have no choice but to accept these arguments. Rather than taking blasphemers to court and making complete fools of themselves, in December 2018 authorities quietly removed all blasphemy laws from Canadian criminal codes. This action was never publicised and few Canadians are aware of this happening.

Throughout history, the common excuses for going to war have been race and religion. In his books, Dawkins debunks both these reasons. He proves that race is fictional, and all human beings are of the same species, ALL-ONE. Dawkins also gives plenty of evidence and proof that all religions are fictional and false. All the people and stories in the Bible had been verbally passed down for thousands of years before Moses, Noah, and others were allegedly born. These stories may be compared to modern fiction such as Superman, Wonder Woman, and Harry Potter. A few thousand years from now, will people be stating our current superheroes were real life prophets and gods? The truth is, there are no gods nor any supernatural beings. Nature is supreme and there are natural laws which Man must have knowledge of if Man wants to survive and continue to live on earth as a species. Dawkins agrees with the founding fathers of modern psychiatry who have stated religion is a form of delusion, a form of mental illness.

The Ten Commandments are not only hypocritical, but they are also meaningless. The Bible gives other commandments which completely contradict the ambiguous Ten Commandments.

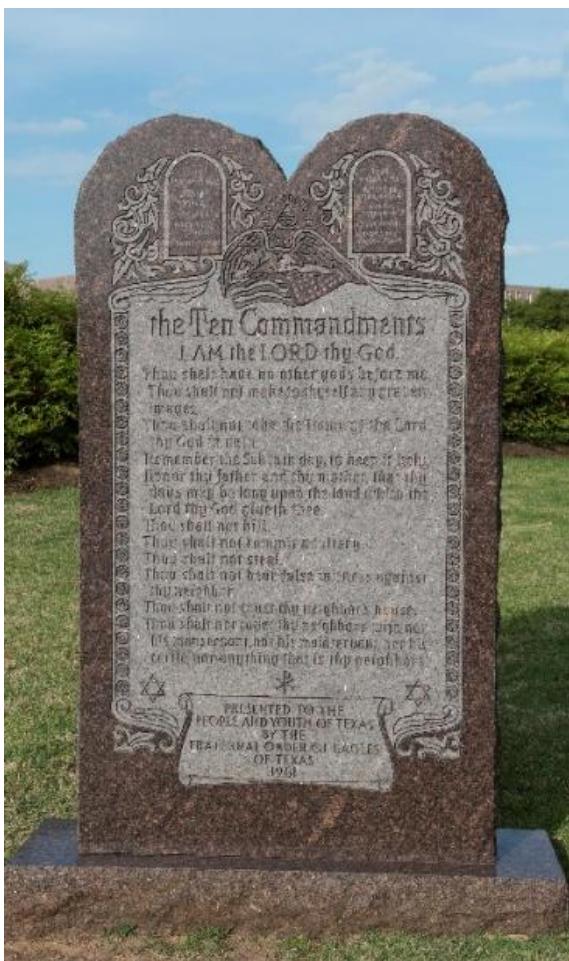
Thou shall not kill. Kill what? Imagine a seven-year-old child reading this. This phrase has no object. Would an impressionable child feel guilty for having stepped on an ant or for swatting a mosquito?

The Bible tells us that God commanded Moses to kill the Midianites. Obviously, God did not include Midianites when he commanded, thou shall not kill. The Bible states, "They warred against the Midianites, as the LORD commanded Moses; and they slew all the males."

Thou shall not steal is another confusing commandment. Whom shall we not steal from? The Bible tells us that the children of Israel, "took all the women of Midian captives, and their little ones, and took the spoil of all their cattle, and all their flocks, and all their goods. And they burnt all their cities wherein they dwelt, and all their goodly castles, with fire. And they took all the spoil, and all the prey, both of men and of beasts. And they brought the captives, and the prey, and the spoil, unto Moses, and Eleazar the priest." Was this not stealing? God not only condoned

these acts, but He also commanded they should be done.

Thou shall not commit adultery. What is adultery? God's definition of adultery is not in line with the average Canadian's definition. God not only condones having many wives and concubines, but He also commands Moses, Joshua and their soldiers to rape underage girls. Is this where Peter Nygård was getting his ideas from?



Astronomy, Literature, Philosophy, Religion, et cetera.

Dawkins has proven, we cannot rationalise war because of religion nor race. Are we going to come up with new excuses to go to war? Do we love war that much?

Scholars all over the world have verified that Richard Dawkins, in his books, gives the reader the truth and nothing but the truth. Every one of the statements Dawkins gives is backed up by evidence and proofs. Canadian authorities realised there are no valid arguments against what Dawkins has written in his books and that is why they never charged Dawkins with any crime.

War can be very profitable. Many have made fortunes from war. Alfred Nobel became wealthy from war and, ironically, his legacy, we are told, is being used to promote peace. Is it really? Who has been given the peace prize and for what?

Fictional fairy tales have been described as bubble gum for the brain while books written by Richard Dawkins have been defined as good nutrition and proper exercise for the brain. Dawkins invites the reader to rationalise and to think when he discusses every discipline: Zoology, Biology, Mathematics, Geography, Archaeology, History, Palaeontology, Geology, Nuclear Science,

Jake and the Kid

Killing Ourselves with Coke

Pregnant and deserted by her lover, a young girl moves in with her grandfather. When the baby boy is born, the grandfather agrees to look after him so his granddaughter may go to work. Despite the age difference, the relationship between the boy and his great-grandfather was more like two siblings than that of an adult and child. As this boy grew into a young man, he loved to look back and tell stories about his great-grandfather, whom he always called “Pops”.

When I came home from Ralph's birthday party, I told Pops how the other children were making fun of me because I had never had a hotdog in my life, and, how they really laughed when I admitted I had never had Doritos nor Coca-Cola. “They made me feel like I'm being deprived!”

“I suggest, whenever people are ridiculing you, you should try to re-direct the heat. You could just tell them the truth. Ask them why you would have had Coke if your Pops never bought it and it was never in the house. This way you are diverting the heat from yourself and onto me, and because I'm an authority figure, they are not going to make fun of me.”

“Isn't that kind of evading the issue?”

“Yes, it is, but there is no sense in trying to argue with someone who thinks they know it all. These people would never understand why I do not have Coke in the house.”

“Why don't you?”

“It is because Coke, Doritos and hotdogs are all junk-foods which I refuse to eat. These kinds of foods will eventually kill you if you eat them on a regular basis.”

I admit, I could not understand what Pops was talking about. Could stores be selling foods which can poison you? How could the government allow it?

The next day when I came home from school, Pops had a load of junk-foods on the kitchen table. Finally, I thought, I'll be just like the other children. I was wrong. He began explaining to me why these foods are so bad. He started off with Jello-O Instant Chocolate Pudding which I had eaten at Ralph's party. He asked me to look at the ingredients, and he began explaining them to me.

“What we are basically doing is adding laundry detergent to milk. These phosphates cause the milk to thicken into a pudding like chemical concoction, which children would spit out if it did not have an overload of sugar, artificial flavourings, and artificial colouring. Why would anyone feed laundry detergent to their children?”

I was astonished. How could this be true? Pops then went on by telling me these same phosphate compounds are also sold in drugstores as a laxative. He then stated, “If a child who consumes a lot of Jello-O Instant Pudding ends up with diarrhoea, the parent would never consider the

pudding was the problem, they would assume the child just got a ‘touch of the flu’ and the doctor would likely agree.”

Things even got worse when Pops went on about Doritos and Coca-Cola.

“Coca-Cola is so bad I believe it should be banned. It is nothing but excessive sugar which will make you fat, and phosphoric acid which will eat out your teeth and bones. That is a scientific fact.”

“Wow, you’re pretty hard on Coke.”

“I cannot emphasise how bad it is, and I shudder to think how parents are giving this to babies.”

“But everybody at my school drinks it!”

“If everybody was eating gravel off the street, would you?”

I knew better than to argue with Pops, “Well, I don’t think Doritos are that bad. I mean they have corn in them.”

“Yes, and a lot of other things too. Doritos is a chemical feast. Why don’t we review what you normally eat at home? I want you to look at how unhealthy and expensive junk food is compared to real food. Okay?”

Pops then started talking about our normal meals, which is what he calls basic food. For example, he brought up last Sunday’s dinner which consisted of a roast of pork with potatoes and vegetables. Pops pointed out that he had picked up the roast from Sobey’s when they were having a sale on pork. Pops, if he can help it, never pays regular price for anything. The roast, which had six rib bones, cost just over seventeen dollars. Pops pointed out how I had two bones to chew on and he froze the other four bones, leaving a bit of meat on them. He explained he would put these bones in the pot the next time he makes soup to give it a little extra flavour and nutrition. Pops then explained how the three of us got two suppers and two lunches from this roast. “That makes a total of twelve meals from the roast. If we add in the vegetables these meals were no more than two dollars each, which is a lot less than what these junk foods or meals at McDonald’s would cost. And people complain about the high cost of food. Let them eat the basics and they would save a whole lot of money and they would be getting much better nutrition.”

Pops was making me feel bad, just like an ungrateful and spoiled child, “I see your point Pops. Now, what do I do about the others at school who make me feel embarrassed about having a homemade sandwich with an apple and celery stick for lunch?”

“Those homemade sandwiches I gave you had real pork on homemade whole wheat and rye bread, not your chemical glue which is referred to is Wonder Bread. Come to think of it, that’s a good name for it, I wonder why anyone would want to eat it. You’ve got to learn to ignore people and just get on with life. I bet there are some of your fellow students who would love to trade

places with you. Many of them realise they live in a household where nobody cares about what they eat. Children would rather have a disciplinarian for a parent than one who ignores what they are up to. I advise you to just let criticism go in one ear and out the other.”

Oh boy, Pops was on a tirade. I had never seen him like this. He went on and on about the hotdog I had at Ralph’s. “Here’s another chemical concoction with the same laundry detergent in it and served on a Wonder Bread bun. I wouldn’t feed it to my worst enemy.” Pops sure had his dander up. I guess I should consider myself lucky that I have Pops to look after me. However, I do know what it’s like to be criticized and ostracised, and it’s not pleasant. No wonder people just go along with things they don’t agree with. Sometimes it’s not pleasant to be different.



Library of Congress <https://www.loc.gov/pictures/item/2021758076/>

Our Democracy Chapter 1: Equality

At my school, just about every boy was in the habit of wearing a baseball cap in class. Some wore them sideways and some with the peak to the back. I wore mine properly.

The first day I started grade six, everything changed. Miss Styles, our new teacher, announced, everyone must remove their caps while in class, explaining, it isn't polite to wear hats in school. With much grumbling, all the boys took their caps off.

This all went very well until a new boy came to our school. It was in late fall, just before the first snow came, when this new student, Jasbir, was introduced to our class. He was wearing an orange-coloured hat with a knot on the top. Miss Styles told the class that Jasbir was an exception for wearing a hat in class since the Patka he wore is mandatory for his religion.

That evening I told Pops, my great-grandfather, about Jasbir's hat. Pops stated that one exception to a law, voids that law. If one boy is allowed to wear a hat, then in all fairness, every boy should be allowed to wear a hat. He suggested that I tell this to my teacher, and I did, on the next day at school. Miss Styles did not agree with Pops, and she continued to enforce her no-hat policy.

A day later, Pops walked to school with me. Despite being ninety-three, Pops was energetic, and very articulate as he spoke with Miss Styles. Miss Styles did not concede, she suggested to Pops that he should speak with the school principal. The principal sided with Miss Styles. However, Pops would not capitulate. He announced that he would bring this matter up at the next school board meeting. Later, at home, Pops told me that the principal had downplayed the issue by suggesting to Pops he was being frivolous over a minor matter. This only got Pops' dander up, and he declared, "Frivolous? No, this is not a frivolous matter. Our whole idea of equality is at risk. In Canada, every person must be treated in the same manner."

That evening, after supper, Pops and I had a long talk about his thoughts on religion. He began by stating that Jasbir was in fact not a Sikh and therefore could not be using religion to justify wearing headgear. "I believe that Jasbir's parents are Sikh, but Jasbir is under the age of majority and therefore he is too young to choose a religion. In Canada a child is not a parent's chattel, and parents do not have the right to force a religion onto their child."

I interjected, "But all children are brought up in their parents' religion, isn't that, right?"

"That is just the point I'm making. Canada, in theory, has justice and equality. But what we really have amounts to nothing other than 'Might is Right'. Jasbir's parents are bigger than he is and therefore they can force their religion on him. But that is not justice. In a free society each child should be raised with knowledge of all opinions and all beliefs, and when they reach the age of majority, they should have the right to choose their own path. They should have the right to decide which, if any religion, they wish to follow, and they must have the right to change beliefs as they see fit."

"What religion are you Pops? You never go to church."

"Me? I am non-dogmatic. I choose to follow no religion."

"Aren't you afraid of going to Hell?"

Pops laughed at me, "You are so serious and naïve. I don't know where you got the idea that I'm going to Hell. It's all a fairy tale, this Heaven and Hell. Didn't you know that?"

“Nobody ever told me, and everyone at school takes Heaven and Hell for granted.”

Pops sprang to life, almost jumping from his chair as he went on, “That’s my point. We live in a country that theoretically has a secular government, but the government comes across as if there are no arguments about God, Heaven, and Hell. Should we also accept the tooth fairy and Santa Claus? Ridiculous!”

“Well, everyone believes in God. Right?”

“No, that is not right. There are billions of people who have no belief in a divinity and no belief in Heaven nor Hell. It’s just that this subject is not commonly spoken about.”

“Well, you see it on TV all the time. Even our politicians ask us to pray for this or pray for that.”

“Do you remember last Christmas when the news media was following Santa Claus’s sleigh? We watched it on television. They told us that our air traffic controllers could pick up Santa on their radar. Don’t you remember that?”

“Sure, I remember, but that was just a game to impress little kids. You always told me Santa Claus is a fairy tale and I knew they were just playing make-believe.”

“Did it do you any harm to know the truth about Santa Claus right from the day you were born?”

“In a way it did. When some of my friends found out their parents had been untruthful, they got mad at me when they realised, I knew the truth all along and I didn’t tell them.”

“Now I’m telling you there is no God, but I don’t advise you to go spreading this knowledge to all your friends. It’s best to keep it to yourself. I realise, what a person needs to see is always right in front of their face, and they usually won’t see it until someone points it out to them. However, people tend to shoot the messenger. People are funny, they want the truth, but they don’t want the truth.”

“But aren’t you now being dogmatic by stating that there is no god? You said you were non-dogmatic.”

“You’re right; I am being dogmatic. I know, the only thing that one can be certain about is that there is nothing one can be certain about. Who knows, maybe there are gods; maybe there are no gods. How can one prove it one way or the other? How can one prove that there is a Santa Claus, or there is no Santa Claus? It cannot be done. All I can say is that, with the knowledge which I have right now, I cannot believe in any gods and I cannot believe in Heaven nor Hell.”

“But why should we bother about a god? What’s the purpose of it all? Why should one have a belief in a god if one cannot prove there is a god?”

“Power, fear, and laziness on peoples’ part. People, for the most part do not want to think, do not want to make decisions, do not want to take blame for anything, and do not want to be edified. Our leaders use their god to rationalise their having power over us.”

I was bewildered as I answered, “I don’t understand what you’re talking about.”

Pops pulled a coin from his pocket, “Do you see these two letters on a Canadian coin, a D and a G followed by Regina? This stands for Dei Gratia Regina which is Latin for ‘Queen, by the grace of God’. Since one cannot prove the existence of a god and nobody is able to speak to a

god, who can argue that the Queen does not sit on the throne by the grace of God? We are told that God has given the Queen power to rule over us. If we cannot disprove the existence of a god, we cannot argue against the British Queen's claim."

"Is that why god was invented?"

"Yes, God was devised by people who wanted to rule. They concocted Heaven and Hell to put fear over the people. Thankfully, no longer in Canada, but traditionally, anyone who denied God, or that God has placed their monarch on a throne, would have been executed. People have been compelled to go along with this sham and over the generations it has become a meme which nobody questions because it has become ingrained in our culture. Such Bible stories as Exodus or Joshua at Jericho, expose what the Bible really is, and Shakespeare revealed what monarchs really are in such plays as Richard the Third, Hamlet, Macbeth, and Julius Caesar. It wasn't God who put monarchs on their thrones, it was the sword. How many true believers bother to read their Bible or Shakespeare?"

Religion had never been discussed in our house and we never went to church, but I always assumed that my mom and Pops believed in God, just like everyone else. Now Pops was telling me that all along he never believed in any of it. I was shocked and I questioned him about it, "Why didn't you tell me about not believing in God?"

"I am telling you now, and I'm also telling you that you are a free person and nobody's chattel. You were brought up with no religion so that you may form your own beliefs."

"So, you're telling me, if I wanted to go to church, say a Catholic church, you wouldn't try to stop me, or try to persuade me not to go?"

"No. In fact I would encourage you to go and find out what it's all about. But I would tell you to go into it open minded and informed. Read the Bible along with some other books like those written by Charles Templeton, a born-again Christian who worked with Billy Graham, and then he exposed it all as a scam in his books. Read Tom Harpur, who was an Anglican Priest and professor of theology for over forty years. Later in life, he finally saw the light and he then denounced the Bible as a fairy tale. Read books by Richard Dawkins who reveals how life on earth came to be and how it has evolved over millions of years. Read as many books as you can on the subject, both pro and con. In short, don't go into it with just blind faith like the church leaders encourage you to do. Go into it with an open and informed mind."

Conflict and Compromise

After my chat with Pops, I couldn't sleep. Lying in bed, I kept going over our conversation. I couldn't help but wonder how a simple thing like wearing my baseball cap in class could turn into such a complicated conversation on religion. It's funny, I always assumed Pops and my mom were religious. After all, we did celebrate Christmas and Easter. Pops had an answer for that too. He told me that these holidays were originally Pagan holidays and Pagans never believed in God, Heaven nor Hell. Pops stated that he liked buying gifts and having parties and these holidays gave him an opportunity to participate in what he liked. My whole world seemed to be falling apart. I didn't even know what I believed in anymore. Did I ever believe in anything?

The next day at breakfast, I asked Pops about laziness, "You said yesterday, that one reason people believed in God was because they were lazy. What did you mean?"

"It takes work and effort to go through life trying to do your best; trying to set your plans and goals and figuring out what you want to achieve in life. Religious people, for the most part, go to their religion to tell them what to do. Part of the reason is they are too lazy to become fully informed, but another reason is, they are afraid they might be making a mistake if they decide things for themselves. They use religion as their scapegoat."

Now I was really puzzled. Didn't religion just tell you what was right and wrong; what was a sin and what wasn't? I posed this question to Pops, "Well, how would you know what's right and wrong if you never had religion?"

Pops didn't even hesitate before answering, "That's an easy one. It's called evolution. Part of evolution is trial and error, action, and reaction. We do things and watch the results of our actions. If our actions are beneficial, we repeat them, and if they do harm, we do something else the next time. It's as simple as that."

"Aren't there any rules?"

"Yes, there are rules. These are Laws of Nature, just like the law of gravity."

"Is that all there is?"

"Certainly."

"Other than gravity, can you give me an example of one of these Laws of Nature?"

"What one sows, one reaps. One becomes what one thinks about. All things are created in one's mind before they are created in real life. These are all natural laws that we learn. If we teach these laws to our children, they will have a head start in life and probably do better than us. That's evolution."

"But religion teaches all that!"

"Not necessarily, but religion does teach people not to think, but to follow dictates from someone who lived hundreds or thousands of years ago, and, in many cases, these lawgivers never lived at all, they were just made up. If people do not think, they will never improve. They will not evolve, and evolution will cease. Don't do something just because a prophet, a god, or some kind of spiritual advisor tells you to. Think for yourself. You will make some mistakes; but that is the only way you will learn."

I found this all very scary, just thinking about the monumental decisions that I must make in life. What if I make mistakes that I'm sorry for? I voiced my concerns to Pops, "What if I make some serious mistakes?"

"That is why you prepare yourself. Before making any decision, people must learn as much about the subject as they possibly can. Take marriage for example. Most people think very little about what kind of person they wish to marry. They go by physical attraction and often they make a mistake."

"That's what I mean. Some people have arranged marriages. Wouldn't it be better if some wiser person, you for example, would pick out my wife?"

"Of course not. You would learn nothing. You should decide what to do and then live with it. That is what satisfaction in life is all about. When you learn from your mistakes and your decisions become easier for you, and you make more and more wise choices, you will find such satisfaction that you will not find any other way. Making choices and finding happiness and contentment from your choices; that is heaven on earth. There is no greater contentment and feeling of joy."

"It's still very scary."

"I'm not saying that you should not seek advice in making choices. I encourage you to go to wise people, discuss things with them, let them help and guide you. But I warn you, the final decision must be yours. Don't look for a scapegoat to blame poor choices on."

As he promised, Pops took me to the next meeting of the school board. We sat through a lot of boring talk before, finally, Pops was allowed to make his presentation. He rose from his chair and he stood straight and tall while surveying everyone in the room before he began his presentation.

"Mr. Chairman, board members, and fellow citizens. I come to speak on a matter that some of you might find frivolous. I assure you; this matter is not frivolous; for it is about our basic rights and freedoms, about equality for all, and our individual rights of choice."

Pops paused and scanned the room before getting to the point, "Miss Styles has made a rule in her class. That rule is, no boy shall cover his head while in her classroom. That is all very well and proper. However, she has made an exception to this rule, and I suggest that any law that has one exception, becomes null and void. We live in a society that professes that we are all equal, and we must all follow laws equally with nobody getting preferential treatment."

Again, Pops paused, allowing everyone to digest what he said before continuing, "Miss Styles made this exception because of religious beliefs. This, in my opinion, is not valid. I suggest that the person in question does not have a religion. He has not reached the age of majority, and, under law, he is not old enough and experienced enough to make such a choice."

At this point a member of the audience jumped up and tried to intervene, shouting, "That's ridiculous, stupid, and blasphemous."

Pops was nonplussed. He looked the chairman straight in the eye and calmly stated, "That person is out of order. I am standing. I have the floor, and I have the right to speak uninterrupted. If that person wishes to contradict me, he must wait his turn."

The chairman struck his gavel loudly, “Mr. Ducharme was placed on the agenda, and he is correct; while he stands, he has the right to speak freely, and the audience must listen quietly.”

The person in question sat down and Pops continued, “I have made a study of the alleged religious ritual of covering one’s head and I found the following: A past guru, apparently stated, one’s hair should not be cut. However, covering the head is optional for both males and females. Covering one’s head is not a religious practice but a personal choice.”

Another man jumped up and tried to intervene, shouting an obscenity at Pops. The chairman ordered that person out of the room. A few other people jumped to their feet and started shouting. Pops just silently stood, waiting for things to subside. Eventually, with much pounding of the gavel, people quietened down, and the chairman asked Pops to resume.

“Courts have ruled, laws of the land take precedence over religion. For example, I quote from *The Holy Bible*, ‘For every one that curseth his father or his mother shall be surely put to death.’ That quote is from Leviticus, Chapter 20, Verse 9. God has ordered that people who curse their parents shall be executed. However, Canadian law overrules this. This is just one example of dozens, that I am able to quote where Canadian law takes precedence over religious law. Another example, adulteress women are no longer stoned to death; at least not in Canada. In the case being discussed this evening, Miss Styles made a rule. I suggest that, according to past practice, her rule should take precedence over any rule based on religion.”

At this point Pops sat down, and, as he did, many hands shot up as people demanded to be heard. However, they were not allowed to speak. The chairman stated that the meeting was in overtime, and he asked for a motion to adjourn. He stated, any rebuttal would be attended to at the next scheduled meeting. If anyone wishes to speak, they must ask, ahead of the meeting, to be placed on the agenda. The crowd was in an uproar. Pops suggested that we wait for things to calm down before we left. When we did leave, people were waiting at the door. Some of them made threats to Pops who just peacefully moved through them.

When we arrived home, Pops and I discussed the meeting. He described how, “We walked calmly away, just like Ghandi. The only way to handle violence is with calm composure.”

The following week, Miss Styles announced to the class that the rule about wearing hats was now rescinded. We could do what we wish. When I told this to Pops, he asked me if I was continuing to wear my baseball cap in class. I told him that I wasn’t. I admitted to him, I no longer felt comfortable sitting indoors with a hat on.

Schizophrenia Chapter 1: A Special Meeting

I told Pops about how all the grade-six students would have to attend a special meeting, “It’s going to be about the LGB something-something community.”

“What kind of community is that?”

“Well, as far as I can tell, it’s about how some people are born homosexual.”

“Hogwash!” exclaimed Pops, “How can one be born a homosexual? For one thing, there is no such thing as a homosexual. People may have sexual relationships with members of their own gender, but they choose to do so, not because they are born a certain way.”

“Well, Pops, there are people at my school who have a different opinion about this.”

“That’s fine, we may all have our opinions, but I guarantee, if you try to voice a different opinion, these people will not listen to you, they will ridicule you. These kinds of opinionated people believe only one thing, there are only two opinions in this world, their opinion, and the wrong opinion.”

“I am certain this guest lecturer will want to consider all sides of the coin. He is just giving us his opinion on this LGB something-something issue, and I can’t see why he wouldn’t ask for other opinions. He is supposed to be a conciliator.”

“What I would like to hear is, rather than people telling me how they were born as homosexuals, I would like them to tell me why they were born in the first place.”

I told Pops I didn’t understand what he was getting at, and he then asked me why I was born. I suggested it was because my parents had sex.

Pops explained, “We, every one of us, is born with a purpose in life, just like all living organisms. Nature’s purpose for all creatures is for them to perpetuate the species so their species does not die out. Everyone’s job is to live long enough to procreate and then to reproduce. Many species, such as salmon, die right after the sexual act because their job has been done, and they have completed Nature’s purpose for them.”

As Pops retrieved a book from his shelf he stated, “As far as being born a homosexual, I want you to read this one line.”

I read, *‘There is no such thing as an alcoholic.’* I asked, “What’s being an alcoholic got to do with homosexuality?”

“It all boils down to the same thing, behaviour scientists have revealed this very clearly. This book was written by Doctor Eric Berne, a Canadian psychiatrist. This book, along with thousands of other books, reveals how we, the masses, are kept ignorant and immature, because it is good for business.”

“Could you explain yourself?”

Pops was quite happy to do so, “Have you ever wondered why television shows and commercials are so juvenile? The reason is these shows are talking to your Child. The reason for this is children do what feels good and if they don’t get what they want they may have a temper tantrum and make their parents’ life unpleasant enough so they will give in and let the child have the box of candy in a bowl, they call cereal, or the new toy which is being advertised on some cartoon show.”

I was perplexed, "What do you mean when you say they are talking to my Child?"

"Let me explain. Tell me, which person do you mostly talk to?"

"Well, that's an easy one Pops, it's you."

This is when Pops surprised me, "You are wrong. The person you mostly talk to is yourself. Think about it. Aren't you always running things through your brain?"

"Well, I guess I am, but what has that got to do with homosexuality?"

"Do you ever think about sex?"

"Yes, I have, but I don't know too much about it, and I keep these thoughts to myself."

Pops smiled as he carried on, "Now we get to this idea about schizophrenia. People are diagnosed as schizophrenic if they hear voices, but, as Doctor Berne and other experts tell us, everyone hears voices. These voices are the three personalities living in our brains who are always talking between themselves."

"What do you mean, three personalities?"

"All of us have three personalities which behaviour scientists refer to as ego states. These ego states are, the Exteropsyché which is your Parent, the Neopsyche which is your Adult, and the Archaeopsyché which is your Child. Your Child is easily manipulated by emotions, especially fear, since children are naturally afraid of bigger people. To cope with this fear, children continually try to have fun and not worry about consequences. Your Adult is rational and scientific. Your Parent will often admonish your Child. Your Parent is an opinionated worrywart who wants to be the boss. These three personalities are in continual conversation trying to get their point across. A mature person always has their Adult monitoring what their Parent and Child are up to. The Adult should always be in charge. However, a good Adult always listens to what the Child and the Parent have to say because, if you do not acknowledge your Child and Parent, they will surprise you by popping up when you least expect it. And often this leads to disaster."

I was confused and I blurted out, "This all sounds very complicated."

"It really isn't complicated at all once you begin to understand it. Let me give an example. Imagine a young man finding a fifty-dollar bill lying on the ground. His Parent, who is always worrying and very controlling, tells him to quickly grab it and stash it in his wallet so nobody would see it and try to steal it from him. His Adult who is rational and has common sense tells him to put it in the bank where it will earn some interest. His Child, who just wants to have fun, suggests buying a box of beer, some fried chicken, and having a party."

"Is that the way it is, I have three people inside of me?"

"Sure, think about it. Listen to what's going on in your brain when you are trying to decide what to do. When you are with your friends, listen to what they are saying. After a while you will be able to tell which one of their personalities they are coming from when they voice their opinions or desires."

"I'm going to really have to think about this one."

"I'll tell you what, you sleep on it, and we'll carry on with this tomorrow."

Schizophrenia Chapter 2: Food for Thought

I asked Pops, “Yesterday, you told me salmon die after their eggs are laid and fertilized. I can’t see how that would work with humans. A human baby cannot survive without their parents.”

“That’s correct. Thousands of salmon eggs are laid but most do not survive to maturity. Humans have evolved much more than fish, and the more an animal has evolved, the more dependent the offspring are on the parent for survival. It is the parent’s job to nurture and teach the child how to survive and thrive long enough to become independent. It is only then when the parent’s job is done.”

“What about me, my mom goes to work, and I never see my dad.”

“That’s where I stepped up to the plate. I’m acting as your surrogate parent so your mom can work. I am being the responsible adult. That’s the thing with life, one must adapt. Richard Dawkins is telling us, it is not the strongest who survive, it’s the most adaptable. The species which can easily adapt to changing environments will survive and evolve and move up the evolutionary ladder.”

“Well, it’s a good thing you’re still around.”

“So! What are your thoughts about everyone being schizophrenic?”

“Well, I’ve been thinking about it, and I realise I spend a lot of time in my Adult. Do you think I’m a little bit too serious?”

“Well, you do let your Child out on a regular basis. And I think that’s a good thing. Humans are the only animal which has a well-developed Adult, and this is why we can clearly think and plan our own future. Many people have been brainwashed into thinking they have no control over themselves or their own life. These people do not think, they let others run their lives for them. Mostly, these people let their Child run the show and like any child, they just want to have fun and never accept responsibility.”

“Well, I can understand that. Often, when I’m not sure what to do, I just wish you would tell me what to do. Sometimes, I’m afraid to decide for myself.”

“The only way to learn how to make good choices is to make choices. That’s the only way we can truly learn about cause and effect. Scientists such as David Attenborough and Richard Dawkins point out how unique humans are in comparison to other animals. All mammals have the ego states of Parent and Child, while most behavioural scientists believe, humans are one of the few species who clearly have an Adult, and this is why we are among the few animals who can choose our actions. Other animals go by instinct and what they have learned from their parents. Viktor Frankl, the psychiatrist, while in a Nazi concentration camp, came to realise, when a guard pointed a gun at someone who reacted from their Child or from their Parent, they did not live long. Dr. Frankl decided he would react from his Adult. He knew the guard was not

in control; the guard could point the gun all he wanted, but Dr. Frankl had the last word; he could refuse to do as the guard ordered and risk being shot, or he could choose to comply to the order. Dr. Frankl chose to willingly follow orders. And, more importantly, he chose to treat the guard, not as a demon, but as a fellow human being. The guard appreciated being treated respectfully, and this is probably why Dr. Frankl lived long enough to be freed from the concentration camp. Dr. Frankl thought things out rationally, from his Adult, and he clearly understood, we do not have to do anything, we choose what we do. However, we must remember, when we choose our behaviour, we also choose the consequences which are the results of our actions.”

As long as I can remember, Pops would tell me that walking stimulates conversation, and we would regularly go for a leisurely walk. Often, as we walked, we did not speak while we both were enjoying our surroundings, sometimes commenting on someone’s flower garden, lovely lawn, or their Christmas lights. Pops often stated, “Most people fret about the past and worry over the future but just don’t look around and appreciate what’s right in front of their nose. They never learn how to appreciate and enjoy the moment.”

Pops, while getting up from his chair, suggested, “Let’s go for a walk.”

It was a beautiful day in early June. We strolled along the sidewalk, ending up by what everyone refers to as a lake, but which is actually a man-made retention pond. We sat on a bench facing the water with the traffic behind us. Some geese were swimming over the smooth, glass-like surface. The sun was warm on our backs as we sat in silence, each of us with our own thoughts.

Pops spoke up, “The Canada Goose is an interesting creature. They spend winter down south and come back here in early spring, often before the snow and the ice have left the lake. They want to get their eggs laid as early as possible, so the goslings are mature enough to be able to fly thousands of miles in the fall. These geese are on a very tight schedule.”

Pops continued, “Across the lake, can you see those geese grazing? Do you notice, when they are eating grass, one of the adults is always on the lookout for predators? The male and female take turns, raising their heads up and constantly looking around as the others enjoy their meal. That’s how geese manage to survive, they take full responsibility for the safety of their offspring. These goslings, when their turn comes, will also pass on the same knowledge to their own brood. It’s all very interesting.”

Pops often tells me how answers to life’s problems are always in nature.

“Canada Geese, you know, will mate for life. Once geese choose a mate, an unbreakable bond is formed. The two geese never part from each other’s sight. It’s fun to watch them return to their nesting site in the spring where they will immediately begin building a nest so the female can start laying eggs. Strangely, the eggs are not laid on the same day, however, they will all hatch on the same day. How does this happen? It seems, the goose who is sitting on the eggs, knows how to regulate the temperature of the eggs. Incubation is slower when the eggs are on the cool side.

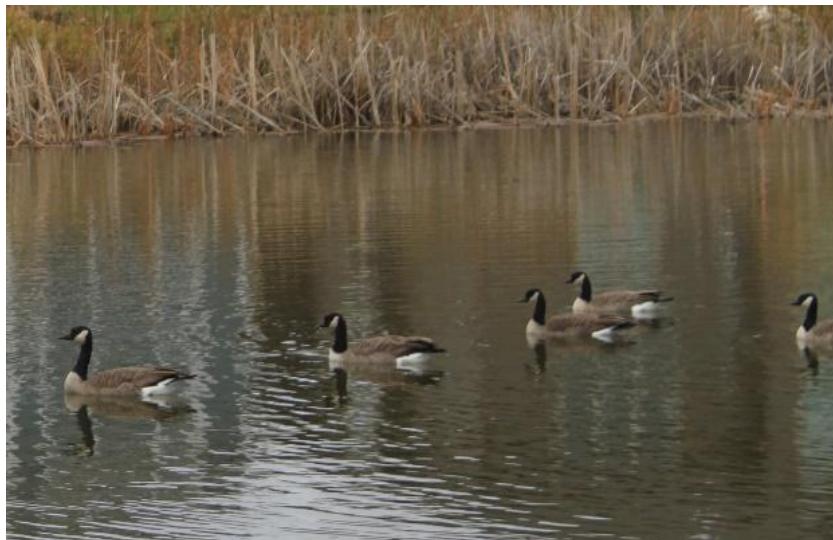
Once all the eggs are laid, the goose will cuddle over the eggs to warm them up to speed up incubation, and then they will all hatch on the same day.”

As usual, I marvelled at the knowledge Pops had which is the result of his constantly reading, not just fiction, but also scientific books and a lot of history. He is curious about everything.

“If you watch the geese, you will see that the male will relieve the female on the nest so she can stretch her legs, flap her wings, and graze. They work as a team with the one object in mind, get their brood ready for the fall flight down south. One might say they are perfect parents.”

We got up from the bench and continued with our stroll, “Geese mate during a very short time in the spring, but at no other time of the year will they have sex. Humans, like monkeys, baboons, and some other primates, have evolved up the evolutionary ladder and no longer need to follow instinct. Humans have chosen to turn the sexual act into a leisure activity, a pastime, a competition, and a game, rather than a way to continue the species. And this has resulted in all kinds of problems. Just like overindulging in candy or alcohol, many people overindulge in sex. It has come to be a game of fun, fun, fun, with no consideration for consequences. Many humans are consumed with getting as much sex as they can get and having as many sex partners as they are able to. It is usual for these sex maniacs to abandon responsibility for any children they may have. Possibly, some of these people, who are both male and female, may learn a lesson from our Canada Goose.”

I could clearly see where Pops was coming from. He was anticipating what I would hear and see at the special meeting we would be having at school. He didn’t point fingers and call anyone names, but his message was, even to me as a young boy, quite clear. He did not agree with what was happening. He believed the school was infringing upon private family matters.



Schizophrenia Chapter 3: The Outcome

When I suggested to Pops that not everyone would agree with his opinions, he answered, “Naturally! Everyone has a right to their own opinions, including you, and if you don’t agree with my opinions, I ask you to give me your arguments. My hope is that you will have well thought-out and logical arguments, and there will be no name calling and insults like we have in our House of Commons.”

Pops continued, “This morning I heard music from the other side of the fence. Some vocalist was singing over and over, *Girls just wanna have fun*. That singer is like a child who just wants to have fun and enjoy herself but does not think about what she should be doing to better her life.”

“I know what you mean, I like to have fun, but I usually choose what I know I should be doing. Like, for example, on a nice sunny day when I would rather play outside, I often choose to practise my piano, because I know that is what I must do if I want to become a good pianist. Sometimes I’ll make a deal with myself, I’ll play outside for a while and then I’ll go in early so I can get my piano practising done.”

“Well, I guess you got it. People like Doctor Berne believe most people are not serious about life, they are just looking to pass time and they are never looking to bettering themselves. He suggests homosexuality, alcoholism and drug addiction are all part of not taking charge of one’s life and deciding what one really wants. We all must decide what our priorities are, and we need to make choices to work towards our true goals. Declaring someone is born a homosexual, an alcoholic, or a drug addict, means that person has an excuse for their actions, and they never take responsibility for their choices, and the problem is, these people are coddled and never get to grow up enough to accept responsibility for their actions.”

“But you must admit. That is just your opinion.”

“I believe this to be true because it makes perfect sense to me.”



When I got back from school, Pops was anxious to hear how things went at the special meeting, “Well, how did it go? Did you voice your opinions?”

“No, I never commented. I just sat quietly, while I watched and listened.”

“Who gave the presentation?”

“There were three people on the stage. The one who started it all off and talked the most was a middle-aged man dressed in drag. He was built like a football player, and he looked, to me, quite funny in nylon stockings and spiked high-heeled shoes. He was much like that Dame Edna we saw on television a few times. You remember how silly she was? Besides him there was a thin man, very neat and clean, with short hair, and he was wearing a tight-fitting suit with skinny legs. The third person, I think was a man who had a sex change and is now a female. He said he was born Ken and he, or she, is now Karen.”

“It sounds like it was quite the show!”

“It was. They told jokes and everybody was laughing. I believe they exaggerated sex. It’s like sex is the only thing in their life. If you know what I mean.”

“And what do you think?”

I had to be truthful with Pops and I told him how uncomfortable I was when people were talking about sex. And when they started talking about how one is born with one gender on the inside and another on the outside, I remembered what Pops had told me, if I started questioning what they were saying, they would probably ridicule me in front of all my classmates. So, I just kept quiet. I felt Pops would be upset with me for being such a coward, but he wasn’t.

“Sometimes it’s best just to keep one’s mouth shut and not voice personal opinions. Arguments never change anything, and few people want to engage in adult conversations. Now tell me, in your opinion, which personality do you think these presenters were mostly coming from, their Adult, Child or Parent?”

“Well, even to me, it was obvious they were mostly coming from their Child. All they were talking about was how they were having a gay old time and they continually kept up with their humour which everyone was laughing at. However, from my conversations with you, I could clearly see that at times they switched to their Parent and were speaking to the Child in the spectators. It was much like when you see one of those evangelists on television.”

“I didn’t know you watched evangelists.”

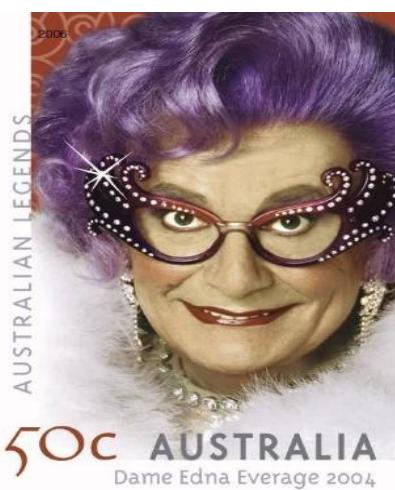
“On Sundays, once in a while, I have come across one of these programs and, out of curiosity, I have watched them.”

“What did you think of them?”

“I don’t get it. I mean they are completely opposite to what you have been telling me. Like, they say I can’t run my own life, I need God or Jesus. I don’t agree, I agree with your opinions.”

“How do you think this meeting affected your classmates? Did they seem uncomfortable?”

“At the beginning yes, but after a while most of the audience became more at ease, some of the girls obviously remained embarrassed. I think I’m going to just forget about the whole thing and get on with my life. At my age, I don’t even want to think about sex. What about you Pops? What do you think?”



“There is a time and place for everything. And, to me, sex is made out to be more important than it really is. If you don’t have sex, you are not going to die like you would if you did not have food. In relationships, if sex is the only thing holding it together, there can never be any intimacy. People will never get to know each other, to accept each other’s opinions, and to trust each other. A true relationship is not based on sex, it is two people who fully respect and trust each other, have no secrets from each other, and are working together on common goals.”

As usual, I agree with Pops.

Child Abuse

When I came home, I told Pops about how I got into trouble at school, “When Judy told me I would go to hell because I was never baptised, I told her there was no hell, no heaven, and no God, and it was all just a fairy tale. When Judy told the teacher what I said, I got into trouble.”

Pops surprised me when he told me that things were improving. He told me what had happened to him at school, “In those days, each morning in school, a passage from the Bible was read out-loud. One morning when we had a substitute teacher, the Bible passage was about Noah and his ark. I stated it was just a fairy story and this teacher went berserk. He hauled me to the front of the class, pulled out the black strap and beat my hands black and blue on both the front and on the back. He was like a man-gone-wild.”

“Did the teacher get into trouble?”

“No. In those days it was against the law to question the veracity of the Bible, so I was in the wrong, and the teacher had every right to beat me. Today, teachers are no longer allowed to hit children, and in December 2018, Canadian blasphemy laws were finally repealed. Atheists may finally come out of the closet.”

Pops continued, “Several years later, Hannah, a friend of mine, explained how people will often go berserk when someone questions their irrational beliefs. This teacher was desperately trying to believe what he logically could not believe. He was paranoid about going to Hell if he stopped believing. He became violent with anyone who opposed him.”

According to Hannah, besides this acute berserk behaviour, there is chronic berserk behaviour and going berserk by proxy. In the chronic form, people blow off steam on a regular basis, so the pressure never reaches the point to cause them to blow up. Going berserk by proxy is someone watching and enjoying another person going berserk. Berserk by proxy allows bullies to put across an image of them being nice, non-violent, people, when, in fact, they are full of schadenfreude, which, Hannah told Pops, is a German word that has no English equivalent. This word refers to a person’s enjoyment in watching pain and suffering in others. Bullfights, cockfights, boxing, and hockey are all forms of berserk by proxy. The audience enjoys the blood but convinces themselves that these activities are just healthy competitions and games.

Pops first met Hannah when he was working on a grain elevator maintenance gang. She was a spinster schoolteacher living in Toronto who came back to Plum Coulee every summer vacation to visit with her widowed grandmother. One Sunday, Hannah came into the grain elevator where Pops was doing his work while the elevator wasn’t in operation. Hannah made a strange request. She asked Pops if she could ride the man-lift to the top of the elevator. Pops explained to her that there was over two-hundred pounds of counterweight, she could easily go up on the man-lift, but she would never be able to pull herself down. When she begged, Pops consented, telling her the two of them together would probably equal the counterweight. To ride up they needed to squeeze tightly against each other which made Pops a bit uneasy. Hannah stepped off and stood silently

gazing at an overhead wooden beam for a few minutes. When they got back down, she explained to Pops how her friend had gone up and hung himself from the beam above them.

Pops had assumed she had been saying a silent prayer, but she laughed and told Pops she was an atheist who did not believe in prayers. She just wanted to remember her friend Joe. This shocked Pops because, in those days, in Canada, anyone who admitted to being an atheist in public could have been arrested and sent to prison on charges of blasphemy.

Hannah told Pops Joe's story, first explaining how most people living around Plum Coulee were German speaking Protestants, but, to the east, the inhabitants were French speaking Catholics. There was animosity between the two groups. On Saturdays, it was common for young men from the Morden-Winkler area to come to Queen's Hotel in Plum Coulee to have a few beers and look for a fight. One evening when the beer parlour closed for supper hour, a group of these young men came into the restaurant where Hannah was alone with a customer, Joe, a French speaking Catholic who was working on the railway. One of the bigger fellows made fun of Joe's accent and told him to get back into the ditch with his frog relatives. This brought a hoot of laughter from the others. Joe, being half the size of this fellow, just got up and walked away. But, the loudmouth, begging for a fight, and backed by his friends, followed Joe outside where they grabbed onto Joe and threw him into the ditch. Later that night, Joe hung himself. Hannah explained that this German speaking group were chronically berserk. They enjoyed slamming opponents up against the boards while playing hockey, and looking for a fight after they had a few beers.

Hannah related Joe's troubling background which led to his suicide. He had gone to his father for help and support. He told his father how he had witnessed two priests sexually abusing his younger brother. His father went berserk, beating Joe until he lost consciousness as he yelled that priests don't do such things. Joe was ordered to never mention this affair again.

A while later, Joe came across a tiny announcement hidden on page 16 of the Winnipeg Free Press dated March 30, 1946, "Starbuck Man Jailed: Sentence of 23 months in jail was imposed on Lionel Joyal, 34, of Starbuck, Man., after he pleaded guilty before Magistrate D. G. Potter, in provincial police court, Friday, to four charges of gross indecency."

Joe went to the police, telling the officer on duty that this man who had been convicted was one of two priests who had abused his younger brother in the church vestry. The reason this priest from Starbuck was in town was to help the local priest with a funeral mass which called for two priests to officiate. The police officer seemed sympathetic as he politely listened to Joe's request to have this second priest arrested. The officer then escorted Joe home where he told Joe's father that his son needed to be straightened out as he was making up stories about priests. Even before this police officer was out the door, Joe's father was already undoing his belt buckle. Soon after, Joe left home and got a job on the railway. That's how he ended up in Plum Coulee.

After Joe's suicide, Hannah began asking questions and soon found out who had reported Joyal to the police; it was another priest, Father Lucien Vinet who demanded Joyal be prosecuted to the full extent of the law as he declared that Joyal has met his Waterloo. Also, Vinet suggested that more than ninety percent of priests are sexual deviants. Vinet's actions and accusations resulted in his being defrocked and excommunicated. But, to Vinet, his own livelihood was less important than the welfare of his nephew who was one of Joyal's victims.

Hannah made it a point to meet with Vinet who stated it was a shame the newspaper did not give the whole story along with the accuser's name. If they had done this, Joe may have come to him instead of the police, and Joe would be alive today.

Under Pops advice, the next day when I was at school, I apologised to Judy, and I told her how I appreciated her concerns about my suffering in Hell. Pops believed it is best not to be dogmatic and force one's opinions onto others. Judy seemed shocked, but she accepted my apology, and she has never mentioned religion to me again. I suppose that's a good thing.

Next Month: Hannah in Toronto

Wayne Douglas Weedon is a Manitoba author who writes a combination of fictional and factual stories, essays, and novels.



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Hannah in Toronto

“Any person who reads the Bible from cover to cover, if they were not already, they will be an atheist by the time they come to the end of this book.”

When Hannah made this statement, she was not referring to the dozens of abbreviated and watered-down versions of the Bible which may be found in bookstores and theology classes, she was referring to the unabridged authorised edition of the King James Bible which gives two versions of The Creation, several contradictory versions of the life of Jesus, miracles which defy laws of Nature, and mentions Lilith, Adam’s first wife.

Hannah had learned, because of Academic Freedom laws, university professors are allowed to defy certain Canadian laws. They and their students have been allowed to question the veracity of the Bible without having to worry about going to prison for blasphemy. For Hannah, her very first lecture at university was like a breath of fresh air. She had found a place where she could freely voice her beliefs in a safe environment.

Pops told me, it wasn’t a mystery that Hannah was an atheist. She described her mother as a Secular Jew, and her father as a Secular Mennonite. She explained, there is an age-old question, is Judaism a religion or a race, is Mennonite a religion or a race? Hannah explained to Pops that her parents do not believe in the idea of race, they believe all people are of the same species, and race is a human fabrication. Because of Canadian blasphemy laws, her parents stated they were secular and not atheist to avoid being arrested like Jacob Penner who openly admitted he was a communist and an atheist. This public declaration landed Penner in prison for two years, with no formal charges ever being laid. This injustice infuriated Hannah. Her friends told her to calm down, stating, she could not fight the government. They suggested she go to Toronto where she would be able to meet people who had similar beliefs and, if she was enrolled in university, she would be able to come out of the closet as an atheist without any worries about being arrested.

Hannah had no trouble finding work when she arrived in Toronto. She had already settled into a bachelor suite close to campus when she started classes in September. Besides religion, Hannah studied everything which aroused her curiosity. This included history, biology, archeology, philosophy, psychology, mathematics, and physics.

Every summer, when Hannah came back to Manitoba for her vacation, she brought back some of her textbooks, many of which were banned books. Pops enjoyed reading Thomas Paine, Robert Green Ingersoll, Sinclair Lewis, Charles Darwin, and other authors. Pops gave me a book written in 1895 by Samuel Porter Putnam, who, Pops told me, was assassinated because of his atheist writings. Putnam predicted, through authors such as Ibsen, Zola and Balzac, literature would move from fantasy, myth, and romance to realism, which is scientific, rational, and realistic.

Pops told me Hannah never forgot about her friend Joe. She soon learned that Joe’s story is not unusual. Pops did his own research and he showed me some recent stories. He showed me a copy of a Pennsylvania Grand Jury report which stated, *‘A boy who told his father about the abuse his younger brother was suffering was beaten to the point of unconsciousness. “Priests don’t do that,” said the father as he punished his son for what he thought was a vicious lie against the clergy.’* Pops explained that this report is wrong. This man did not think his son was telling a lie. The problem was this man knew his son was telling the truth, but this man was

terrified of going to Hell if he went against the Church and the priest. He desperately wanted to believe his son was not telling the truth. People who are confronted with a truth they do not want to face will often react like a cornered rat. They will viciously attack the messenger.

Explaining there were thousands of similar cases, Pops showed me a transcript from a Canadian court, '*LKC says that she told her mother about what had happened. Her mother became very angry. Her mother told her that priests are gods. They were healers. They wouldn't do things like that. LKC relates that she was beaten for telling a lie. LKC says that she grew to hate her mother for not believing her.*'

Like Robert Owen, Hannah believed the solution to this child abuse is education. Owen, working his way up from an impoverished childhood in Wales, became independently wealthy. He built the first "Free for All" library. Owen's good friend, Andrew Carnegie, continued with Owen's idea by building thousands more "Free for All" libraries throughout the world. These men realised, if people could be educated enough to become independent citizens running their own lives, most of the world's problems would disappear. This is why Hannah became a schoolteacher. She wanted to help children learn how to control their own lives and become better citizens who could enjoy a satisfying life.

Hannah told Pops, there are two kinds of people, the ones who run their own lives and the ones who run away from their own lives. The ones who run away from their lives will often become fanatics who join a flock and allow someone else to run their lives for them.

Hannah gave Pops copies of Earl Nightingale's books and audio recordings which reveal how anyone can live a full, happy, and successful life. Nightingale referred to this blueprint for achieving a happy and prosperous life as "*The Strangest Secret*" because it is not a secret; philosophers and historians have been revealing this secret for thousands of years. Anyone may find this secret hidden in plain sight if they are looking for it. Nightingale puts this secret in a clearly understandable manner, "We become what we think about".

Nightingale explains, what a person needs to think about is what they wish to become and where they want to go. Most people do not do this. They are looking for someone else to tell them what to do. Simply put, one must decide who they want to be and what they want to do. They must set their own goals. George Bernard Shaw, in his play *Pygmalion*, which was made into a musical, *My Fair Lady*, demonstrates how any person, through education, can become who they wish to be and obtain what they want out of life.

Pops told me about one of his friends who had been working in the railroad shops. After listening to some of Nightingale's recordings, and thinking about, *The Strangest Secret*, this man quit going to the beer parlour and football games with his friends and, taking Nightingale's advice, began attending university classes in his spare time. It took several years but he got a degree in engineering and began working his way up the corporate ladder, eventually becoming the president of the railway.

On a visit back to his old shops in Winnipeg, one of this man's former co-workers asked him if he could use his influence to get him promoted to foreman. He looked his former co-worker straight in the eye and asked him if he had taken his advice and enrolled in evening classes. When the man said no, Pops friend simply told him there was nothing he could do for him. This man told Pops, "I am willing to help people who first try to help themselves, I don't believe in giving someone a free ride."

People become fanatics because they are afraid of taking charge of their own lives. These people concentrate on what they have no control over, and they become fanatical over such things as hockey, religion, and saving the world, while ignoring their own life. If they began setting and working towards their own goals, they would start getting some satisfaction and contentment in life.

Pops gave me an example by asking me, “If a hockey fanatic’s favourite team wins the Stanley Cup, how will this affect this fanatic’s life? Will he be happier and more prosperous? Will he have a better relationship with his spouse and his children? Will he make more money? Will he get a better job? The answer of course is no, his team’s win would not have any effect on his life. Why then is he a fanatic? Would setting goals and working towards them have a better effect on his life? The answer is, of course, it will.”

No wonder Pops is always telling me to think about what I want out of life and telling me to not let anyone interfere with my goals and aspirations. As usual, I find it hard to argue with Pops.

Dr. M

When I came home from school, Hank, one of Pops friends, a former Blood Indian from Alberta, was visiting. When Hank returned to Canada after the war, he refused to follow the directives from Indian Affairs to go back to his reserve. Instead, Hank decided to give up his Indian status and stay in Winnipeg with his new bride.

Pops and Hank were talking about the Truth and Reconciliation Commission. Hank did not have anything good to say, “It was nothing but a scam. The authorities bought off a few collaborators with fancy jobs, honorary degrees, and medals; and everyone pretended they wanted truth and reconciliation. They claimed there were no records of who attended these schools. We, who could prove we had been in residential school, had to sign affidavits confirming such and such a person was our classmate so they could participate in the process. If the government had allowed us to go ahead with the class action suit we had initiated here in Winnipeg, the trial transcripts would be available to the public, and the truth would be out. As it is, interviews were done in secret and the stories will soon be destroyed, hidden from history forever. The whole truth will never come out.”

Pops explained, “Hank was telling me about some of his experiences in residential school. They are not pleasant memories. He has been showing me a diary written by one of Hannah’s friends. I’d like for you to read it. A teacher bought a house close to a reserve and set up a school to give Indian children from the reserve a proper education. Back then, this was a violation of the Indian Act.”

“This journal,” Hank explained, “gives a good indication of how impossible it was for an Indian to get a useful education, and how the feelings of inferiority became so ingrained, it’s near impossible for any of these people to come to believe in themselves. For me, I started school when I was five years old. On my first day of school, Sister Geraldine, noticing I was holding a pencil in my left hand, screamed out, *‘We use our right hand to write, that is why it is called a write hand.’* She beat my left hand so badly with a wooden ruler, I had no choice but to use my other hand. That is an example of their kind of education. In this journal, you’ll read much more of this type of attitude and, possibly, you’ll be able to understand why the teacher depicted in this journal had no choice but to run away with her students in tow. That was the only way she could give them the type of education they needed to live independent and productive lives.”

Hank opened the journal somewhere close to the middle and asked me to begin reading from there.

January 27, 1949

Much has happened since I last wrote in my journal. My mind is still spinning, and I can feel my heart. I am sure that it is extreme anxiety. Now that we are settled, it seems to no longer affect her, who is my lover and my friend.

On December 18, being a Saturday, we had no lessons. I had breakfast with just

Teacher and Olivia. When I returned from my chores, I found Teacher pacing the floor. I could see she was extremely agitated. She did not give me a chance to speak before she went into an agitated diatribe. An informant told her that the police would be coming. Someone had reported that we were harbouring minors from the reservation in our house so we could indoctrinate them into a religious cult. What BS!

Teacher blurted out, “There is only one thing to do. We must disappear. How do we get to Winnipeg in a hurry?”

I calmed her down and told her to lie down for a few minutes. I told her that I would look after things. After asking around, I found out, there is a Bombardier available. We needed to take three trips to transfer everyone to where we could catch a bus. I checked the bus schedule and found out a bus from Brandon would pass us on the highway at approximately five-thirty the next morning.

I immediately went to Helen’s house and told her what was happening. I stated that she and the other women had worked so hard to get this school program going that it would be a shame if it all ended. I told her to round up all the students and to get them over to Teacher’s house as soon as possible. I stated that each student was to pack a bag for a prolonged vacation.

I had no idea what our game plan would be once we arrived in Winnipeg, but I did know that idly sitting around would only make matters worse. If they arrested us, who knows what charges they could trump up. After all, we are dealing with Indians who, in Canada, being wards of the Crown, have no rights.

Before I left Helen, I told her we would be going away, and I reminded her that we should tell nobody about our whereabouts. “Walls have ears and I think that it is best if nobody knows where we are going.” In addition, I added, “Not even you; you won’t even know.” Her answer was, she is okay with that since she did not wish for the responsibility of keeping a secret. I reminded her to tell everyone to pack enough belongings in preparation for a long stay away from the reserve.

It was a bit of a panic. We had no idea what we should take with us, and we had no idea of where we were going. Somehow, we all managed to get things together. The last Bombardier load arrived at the highway just before the bus came.

As we were finding our seats and settling down on the bus, she paid the driver for our tickets to Winnipeg. We would be getting off at the bus station, which is next door to the Eaton’s mail order in Winnipeg. She whispered to me as we pulled away, “I think that it is best that nobody knows where our final destination is until we arrive there.” I agreed.

It was early morning when we arrived at the bus depot. We walked a block over to Portage Avenue where we got onto a streetcar which took us down Academy Road. We got off close enough to walk to Doctor M’s house.

As far as we know, nobody, except for Doctor M and his attorney, knows that we are in this house. Doctor M’s attorney stated that we should allow absolutely nobody to come on to the property unless they have a search warrant. He also

has assured us that we are such small potatoes, nobody will even bother with us, unless someone squeals. He told us, "Just hang tight." Greatly relieved to find refuge, we decided, classes will continue.

One thing that we have been glad about is the fact that Julie has come with us. She is doing all the cooking. One of Doctor M's friends has arranged for a man to do the shopping for us, so we never have to show our face in public. The house is big enough for everyone to feel quite fortunate and even spoiled to a degree. What a novelty for the girls to have several bathrooms. It took them a while to get used to the idea of having a shower. Some of them did not know what a shower is. But they now shower daily. When Teacher sent a note to Doctor M expressing our deepest appreciation, he replied giving only one recommendation. It was just three words. "Imagine and think." She showed me this note. Possibly, Doctor M is a real person. However, I still have my doubts.

This all sounds like a cat and mouse game. Could it be a true story? I promised Pops I would read the journal from beginning to end. Pops warned me, this journal has adult content.

A New School

The deed is done. Determined to provide a proper education for residential school survivors, she has transformed my house into a boarding school for her new students, seven boys and girls, all in their late teens. None had volunteered. Several senior members of the community have convinced these students that furthering their education would be a good opportunity to better their lives. This was only after these seniors came to an understanding what Teacher has been telling us about herd-mentality, which is one of our left-over animal instincts from the days when clinging to the herd gave us protection from predators and enemies. To better our lives, rather than a herd-mentality, we need to adopt an individual-mentality so we can begin planning our own futures according to our own desires and goals. Education is the key for removing the shackles which are keeping people in our community down.

Teacher guarantees, her new students will learn how to think for themselves. They will learn how to plan their own individual lives and to learn how to break away from the chains which bind them to poverty, despair, and feelings of worthlessness and hopelessness. These students, according to Teacher, have no idea how to find happiness and contentment in their life because they don't even know that such things exist. They do not understand that accepting their misery is insane behavior. They must strive for more.

As an example of herd-behaviour, she described a bullfight. The crowd, while sadistically screaming for more vicious torture and gore, work themselves up into an insane frenzy, with many experiencing an uncontrollable sexual urgency. To a civilised, intelligent, and educated alien, this scene would seem bizarre, but to the spectators, they are convinced their conduct is sane because it is the normal behaviour in the grandstands. The crowd does not understand, normal is not necessarily sane.

Teacher questioned the students as they arrived. It became apparent, they are immature, their lives are completely undisciplined, they are unmotivated, and they have no feelings of self-worth. All were acting in a nervous and childish manner, continually laughing, giggling, and making fun of each other.

After an excellent breakfast, served up by Julie Anderson, our new cook, Teacher turned to the students, asking them to wash the dishes and clean up the kitchen. They all looked puzzled while blankly staring at her. However, after Teacher repeated her request, they did as they were told. Housework is to be part of their curriculum.

She handed out a short quiz to test the students' skills on basic reading, writing and arithmetic. It was just as she had suspected; these young people who were all struggling for answers while doing the quiz, only have a rudimentary education. The students had learned basically nothing in school, and it would be a lot of work and effort to bring them up to an average reading and writing level for their age. Teaching them how to speak proper English is a big challenge, but they also need to learn basic reading, writing, and arithmetic, along with self-discipline, routine, proper hygiene, moral behaviour, and a feeling of self-worth. Feeling good about themselves will be the greatest challenge, but it will give the most valuable rewards.

Teacher optimistically told her new students; they will be brought up to speed and eventually obtain a university entrance level of education. She told them, they are not inferior; they are just as capable and intelligent as anyone.

On the table were various framed prints of landscapes. She asked the students to choose a

picture which they liked; one which made them feel calm and content. Most chose pictures of lakes or streams surrounded by flowers and vegetation.

Teacher asked the students to write down the feelings and emotions which their picture invoked and to also write down the name of one person whom they truly loved and trusted. The students appeared to be confused. All of them had a questioning look on their face. After several minutes, she pointed to Esther and asked her to please tell us about one person in her life whom she truly loved and trusted. Esther was mute. After a few minutes, Teacher asked Esther if she had not understood the question. Esther agreed, she did not know what Teacher had meant. Teacher then asked Esther if there was one person whom she loved. Esther looked down at the table and quietly answered in a manner that showed embarrassment; it was her kokum, her grandmother. Teacher then asked Esther why she loved and trusted her grandmother. It took a lot of prodding and prying, but eventually, Esther admitted, she trusted her grandmother because her grandmother always treated her kindly and would always listen to her but never criticize her.

It was painstakingly slow, but after what seemed an eternity, we got through all seven students. Four gave their grandmother as an example, two their sister, and one his brother.

It was a long and agonising day as Teacher carried on with her interrogations. She asked many questions and described various scenarios. She asked the students how they would feel if a friend had committed to come to their house at nine o'clock in the morning so they could do something together, but the friend never showed up. She asked them how they would feel if they found out their friend had changed their mind and instead of seeing them, they went fishing with someone else. After a lengthy discussion, everyone agreed, this friend could not be trusted, and it would be difficult to love someone who treated you like that. She asked the students about the people they gave as examples of a friend they could love and trust. She asked them why they loved that person and why they trusted them. Finally, the students started to understand that love comes with a price and that unconditional love could very easily die if the person who was receiving the love became untrustworthy. She told them, the need for love is so great in one's personality that it is common for someone to forgive a person more than once for his or her untrustworthiness, especially if that person apologised and promised to do better the next time. Every student admitted that anticipating when that person would not hold up to their promises would make them very anxious.

Teacher explained, the only person whom you can fully trust is yourself, because the only person you have any control over and the only person you can change is yourself. One may influence someone else, but you cannot control or change anybody but yourself. You must learn how to love and trust yourself. And you must never disappoint yourself.

It was after five o'clock before we sat down to a meal of stewed rabbit, root vegetables, and fresh tea biscuits. Everyone was obviously hungry, proving what she had stated, mental work is the hardest work and uses the most energy. They were obviously famished. The short quiz, followed by an interrogation, had been hard work.

After the kitchen was cleaned up, she stated that school was not over, and we went back to class where she asked everyone to flip their picture over. On the backside of each picture was a mirror. She asked everyone to look at themselves in their mirror and to state aloud, "I love and trust you." Everyone looked at her in shock and confusion. She looked around the table, "Did you not hear me? I asked everyone to look at themselves in the mirror and to simply state as I do, I love and trust you."

The students blankly stared at her but said nothing. She tried once more, “I am waiting.” Again, nobody did as they were asked. “Okay then, let’s all do it together. Are you ready?” She looked into her mirror and stated, “I love and trust you.” There was much mumbling and fidgeting but it was obvious, the students were not about to do as asked.

Finally, after many minutes of agonising prodding and insistence, Noah, while looking at his mirror, stated in a perfunctory manner, “I love and trust you.” She asked Noah if he truly believed what he was saying. Noah sat with his mouth slightly open, but he would not answer her question. Noticeably, there were tears in his eyes.

It took until after ten o’clock before everyone finally affirmed their love and trust for themselves. This agony was not over, Teacher informed them, from now on, they were to do this affirmation several times each day. She told them, what they were learning today is the most important thing they will learn in their lives. She also stated, this simple affirmation would eventually change their lives, forever, telling them, “You will become the person you want to be, and you will get out of life, what you want.”

The Philosopher's Stone

Alfred Adler, along with Sigmund Freud, Carl Jung, and others, was a founding father of modern psychiatry. Adler tells us how Socrates, over two-thousand years ago, was condemned to death for teaching his disciples where and how to find the fabled Philosopher's Stone. Socrates revealed the key with two words, '*Know Thyself*'.

Adler explained, most people in our society come across as being opposite to what they really are. To put it bluntly, most people are hypocrites who pretend to be what they are not. Even worse, they do not realise they are hypocrites because they do not know their true selves.

Adler gives the example of people who put across an image of being superior and who are always criticizing others. The truth is, these people have inferiority complexes which they are trying to hide from the world, and from themselves. This causes inner tension which will often manifest as a physical illness.

The ruling authorities saw Socrates as a threat to their control over the masses. If the masses had the ability to see themselves as they really are, and to understand how their rulers were trying to control them, they could set themselves free and begin to plan and run their own lives. They could become free and independent people who could set goals and reach their goals through planning and their own efforts.

The secret is, once people come to know themselves, they can understand, the power which is referred to as The Philosopher's Stone is not external; everyone has this power in themselves. People, for the most part, utilise no more than five percent of their brain. Our inner power taps into the other ninety-five percent. Once a person finds their inner power, there is no stopping them. They will be able to accomplish much more than they could ever dream of. As Napoleon Hill stated, nothing is impossible to a person who employs their inner power. The Philosopher's Stone is a metaphor for this inner power which every person has.

Children are filled with fairy tales about being swept up by Prince Charming, finding the Golden Treasure, killing dragons, or slaying super adversaries. These are ridiculous daydreams which will never materialise.

Education is the key to finding our inner power, but not the kind of education normally found in schools. As Alfred Adler pointed out, true education teaches adults self-knowledge and rational self-direction so they may plan and strive for true success and happiness in life, "In the case of children, education may be approached in the same manner, but there is this difference: on account of the immaturity of children, the question of guidance, never wholly absent in the case of adults, takes on supreme importance."

Earl Nightingale explained, "We become what we think about." In his books and audio recordings, Nightingale explains, in a very easily understood language, how anyone may educate and develop themselves so they can reach their goals and find the happiness and contentment which human beings deserve.

Nightingale tells us, if we wish to know something, do not rely on relatives, friends, or acquaintances for information. Instead, go to the library where thousands of "Free for All" books are available. Most authors have no devious motive in publishing a book. Many are altruistic and freely share their knowledge while others are satisfied to write just to make a living through the sale of their books. One book which Nightingale recommends is Benjamin Franklin's autobiography. This book, written in very clear language, explains how anyone can come to "Know Themselves" and to change themselves to be the person they wish to be. This book also details how anyone may obtain whatever they want in life without depriving anyone else, and without putting obstacles in anyone's way.

Besides this book, there are thousands of such books available in the libraries of the world. However, most people prefer to read fantastic fiction which provide no education but gives the reader much material to daydream about. Rather than educate, these books place impediments on the road to education.

Whenever you come across a beneficial book, check out the bibliography. You will find a list of other books which will keep you on the right track. By referring to bibliographies, you will never run out of fruitful reading material. Your list will grow and grow and so will your rewards.

Is Our Heritage of Revolt Dead?

More than one-hundred years before the American Revolution, the English Monarchy was overthrown; King Charles I was arrested and beheaded by the revolting populace and a democratic government was formed. Indeed, for twelve years England was run as a republic which initiated a witch hunt of the aristocracy and clergy who were forced to flee under threat of arrest and possible execution. This new government had divorced itself from monarchy and religion. The flowering English Revolution sowed the seeds which sprouted into the American Declaration of Independence. When the English monarchy was restored, many rebels, fleeing from England, came to North America and spread their seeds of discontent.

The English Democratic Republic came to an end when George Monck, Governor of Scotland, became a turncoat after being offered a lifetime reward of £100,000 per year if he would overthrow the ruling government and allow the monarchy to be reinstated. Because of infighting within the government, Monck and his army had little opposition as they marched into London and easily took control of the regime. King Charles I's son, who had been living in exile, returned to England and was crowned as Charles II, King of England, Scotland, and Ireland. He was also accepted as the Supreme Governor of the Church of England.

This new king had never set foot in America, but this did not prevent him from giving his cousin, Rupert, 954,176,000 acres of land in North America which became known as Rupert's Land. Through various Papal Bulls, known as Doctrines of Discovery, God had authorised King Charles II to give away land he did not own and had never seen. These Papal Bulls not only allowed, but encouraged, Christian countries to seize lands from non-Christians and to kill or enslave the inhabitants of the seized properties. Strangely, these Papal Bulls are still entrenched not only in Canadian law, but also in international law.

After the monarchy had been restored in England, discontent over the tyrannical behaviour of monarchs continued in secrecy. Many anti-monarchy citizens fled the country but continued to plot while in exile. Men like Thomas Paine, who wrote *Common Sense*, *The American Crisis*, *Rights of Man*, and *The Age of Reason*, as well as Benjamin Franklin, who wrote anti-establishment pamphlets, nourished the seeds of rebellion in North America which eventually bloomed into the Declaration of Independence. In England, Paine was tried in absentia and was given the death penalty. Despite this, Paine went to France where he was instrumental in starting the French Revolution.

As far back as the Roman Empire, rulers presented themselves as caring philanthropists who offered the populace bread and circuses. Rather than being altruistic, these rulers were conniving wolves in sheep's clothing. The masses did not realise they were being enticed into a prison which has invisible bars. They ended up being no different than animals in a zoo which

are given food and bedding and expected to do nothing in return except provide entertainment for gawkers.

Britain has produced several documentaries such as *The Estate*, *Benefits Street*, *Benefits Britain*, *Real Britannia*, and *Welfare in Britain* which describe how millions of citizens who have no job and no means of making a living are given housing and living expenses. These people are expected to give nothing in return. Of what use are these people who sit around drinking booze, smoking, taking drugs, getting tattoos, playing with smartphones, and making babies? Their children end up living the same life as their parents, and this goes on from generation to generation. These moochers are like animals in a zoo, they are of no use except for entertaining smug onlookers who put on an air of superiority.

Earl Nightingale, in his books and audio recordings, tells us how a key to get out of the zoo is available to everyone at no financial cost. Local libraries provide knowledge on how to better oneself through education. Anyone may escape the zoo by learning new skills. The key is to gain knowledge, learn a skill, and escape the zoo by obtaining meaningful employment or starting a business. People who do this will feel better about themselves, and life will have meaning. Anyone can obtain the necessary qualifications to get a good paying job or provide a service. Through education, people may acquire beneficial habits like learning how to get out of bed in the morning and go to work. As children, these people never developed the habit of getting up early and going to school. They follow their parents' habit of sleeping late into the day. Anyone can learn to change their sleeping habits so they can retain a job.

A pessimistic senior citizen I have spoken to predicts we will be following the same pattern which we have followed for thousands of years. Whenever welfare gets out of hand, we have a war. The prediction is, there will be another war, millions will be slaughtered, and millions of homes will be destroyed. We will then go through a process of rebuilding. There will be a period of prosperity as money and jobs become plentiful and everybody begins to work and enjoy the wonderful feeling of accomplishment.

Will we get the future as predicted, or do we try something new? Do we try Earl Nightingale's plan which worked very well for him and for millions of others? This plan is for individuals to go to the free library, read educational books, take courses, and become fruitful citizens who contribute to the welfare of the nation? Or will history repeat itself, and we end up going to war?

Our English Heritage

A ten-year-old girl went missing from an inner-city neighbourhood. This girl had a history of running away and the police were not overly concerned. A convenience store clerk stated she had sold this girl a bag of chips. No other witnesses came forward. Three years later, this child's body was discovered accidentally by a work crew who were digging by the river. Her body was so badly decomposed, the exact cause of death could not be determined.

A novice newspaper reporter was assigned to write this girl's story. Standing behind the police barrier where the body had been discovered, she overheard a police officer mumbling, "She's probably better off dead."

Shocked, the reporter spitted out, "Why would you say that?"

The officer simply explained, "There was no hope for her."

The reporter was incensed by this policeman's callous attitude, and she detailed this incident in her column which her editor refused to print. The editor told her to go back and interview the mother, friends, acquaintances, anybody who could contribute to a heart wrenching story rather than handing in an accusation against a police officer.

The reporter was incensed and furious. This girl deserved compassion, not callous and derogatory remarks. The reporter found a few interesting facts: the dead girl's mother had never married, and, still in her twenties, she already had three children by three different fathers. The victim had been through Child and Family Services and several foster homes. Every time this girl was reunited with her mother, she ran away. One of the victim's former friends told the reporter how this girl was afraid of the men who frequently partied with her mother. These men had molested this young girl on several occasions. Whenever a party began, this now dead girl would take off. The bag of chips she had purchased was probably her last supper.

The reporter wrote a story which could bring tears to the average reader's eyes, and the editor was satisfied. But the reporter was not pleased. She wanted to do something about what she had uncovered. She searched out the police officer who had stated this young girl is better off dead. After the reporter apologized and gained the officer's trust, he began talking, "Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." He then continued, "I believe, the only way to prevent this kind of thing happening is through education. Things like this happen in families who do not feel good about themselves and have never learned how to run their own lives. These people are ignorant and stupid. They keep their heads in the sand and eagerly try to believe in romance. To them, soap operas portray real life. History tells us, this is all part of our English heritage."

At university, before he was hired by the police force, this officer had studied history, philosophy, psychology and religion. He learned that uneducated people tend to live in a fairy tale world consisting of Cinderella, knights in shining armour, and Sleeping Beauty. They come to believe, through wishing and praying, their dreams will come true. "They have never learned

how to take charge of their own life and their own future. They have never learned how to set a goal and work towards it. They are selfish, just grabbing on to what makes them feel good and they never think about what is best for themselves and their family. Nobody was concerned about this child's welfare, what she ate, if she ate, how she was doing in school, and what was going on in her life. Nobody ever took responsibility for her. She was all alone in the world. However, the laws state she is not allowed to run her own life, to get a job and support herself. We have child labour laws. This young girl was abused by her mother's friends. And very likely she was also abused by social workers, and possibly, by some police officers. I've seen dozens of such cases. I've also witnessed drug dealers and psychopaths getting free education in prison and then, classified as having been rehabilitated, they wind up getting a job working with children. It is common for them to do drugs with children under their care. These young children have nobody to take their troubles and complaints to. They have absolutely nobody to turn to, and no hope. They are better off dying young to end their sufferings."

The police officer continued, "We owe all of this to our English heritage of keeping conquered people dependent on the governing authorities. They keep these people as children who are easily controlled by the State. Do-gooders are always lobbying for guaranteed income, free housing, and safe injection sites. Is it any wonder why I get incensed? These people never learn how to take care of themselves, to run their own lives. And our system guarantees they never will."

Our English Heritage Explained

“Religion is a form of insanity.”

Despite the risk of being imprisoned in several countries, including Canada, and the risk of being publicly executed in some other countries, Sigmund Freud openly published his views on religion. In his opinion, religion is a form of insanity, a delusion and a paranoia. Many of Freud's contemporaries were too afraid of blasphemy laws to openly agree with Freud's declarations. Albert Einstein evaded using the word religion when he stated, insanity is repeating the same rituals again and again and each time expecting a different outcome. Richard Dawkins, in his book, *The God Delusion*, defines the word delusion as, “a persistent false belief held in the face of strong contradictory evidence, especially as a symptom of psychiatric disorder.”

More than two-thousand years ago, Lucius Annaeus Seneca stated, “Religion is regarded by the common people as true, by the wise as false, and by the rulers as useful.” When Queen Elizabeth I of England forcibly seized the English throne, because she was a tyrant, she found religion to be a very useful tool. Despite not being the legitimate heir, Elizabeth snatched the English throne and being determined to eliminate all competition, had many enemies executed, including the legal heir to the throne, Mary, Queen of Scots, who, under orders from Elizabeth, was apprehended and beheaded. Pope Pius V denounced Elizabeth in his 1570 Papal Bull, which stated, “Elizabeth, the pretended queen of England and a slave of wickedness … with whom as in a sanctuary the most pernicious of all have found refuge. This very woman, having seized the crown and monstrously usurped the place of supreme head of the church in all England together with the chief authority and jurisdiction belonging to it, has once again reduced this same kingdom … to a miserable ruin.”

Elizabeth resurrected the religion which King Henry VIII had invented. Like popes do today, Elizabeth declared herself to be infallible, stating, she takes orders directly from God. Elizabeth exempted The Church of England from taxation and decreed, all English citizens must pay The Church ten percent of their income, they must attend church services regularly, refrain from doing any work or play on the Sabbath, praise God and their queen regularly, and refrain from uttering any blasphemous or heretical statements. The maximum penalty for not obeying any of these laws was public torture and execution.

Queen Elizabeth's laws became part of Canada's English heritage. Slowly, many of these laws have been rescinded. The last of the Canadian blasphemy laws were finally repealed in December 2018. In Canada, tax exemption does not only remain for The Church of England, but this exemption has also been expanded to include all religious institutions, charitable organisations, educational institutions, and not for profit businesses. These tax-exempt laws are bankrupting Canada.

As reported by CBC's, The Fifth Estate, billions of tax-free dollars are legally being taken out of Canada by tax-exempt enterprises. Once this money crosses the border, it is not followed. We have no idea where it ends up. The loss of this money creates a tax shortfall which must be made up by taxpayers whose taxes are being continually raised. Trade unions commonly

support charitable organisations such as United Way which takes millions of tax-free dollars out of Canada. The CEO of United Way is paid well over a million dollars a year, while volunteers are encouraged by various governments and unions to not only work for free, but they are also expected to donate some of their hard-earned money as a contribution to the CEO's salary.

Not only do average Canadian taxpayers have to make up any shortfall of taxes due to these laws, but they must also put up with the rampant inflation caused by billions of dollars being legally taken out of the country. The institutions which remove this tax-free money, will convert it to another currency. As more Canadian currency is offered for sale its value keeps going down. Most goods sold in Canada are imported. As our dollar is devalued, the price of imported goods climbs, resulting in rampant inflation.

Money which leaves Canada becomes dead money. Our governments receive no revenue from it. Money circulating in Canada earns taxes for the various levels of government every time someone makes a purchase, pays wages, or earns interest and dividends.

How many millions, or perhaps billions, of dollars has the Billy Graham organisations taken out of Canada? Yet, when they came back to Winnipeg to build a Youth for Christ building, they cried poverty, and they begged for donations and financial help from the various levels of governments as well as from individuals. Why could they not bring a few of the tax-free dollars back into Canada to build their new edifice?

England's Tax-exempt status of religious organisations was one of the main reasons why the founding fathers of the United States of America were unanimously insistent that Church and State must remain separate. They declared that governments have no business meddling with religion. Religion, in their opinion, is a private and personal matter.

Benjamin Franklin stated, "When a religion is good, I conceive that it will support itself; and when it does not support itself, and God does not take care to support it, so that its professors are obliged to call for help of the civil power, tis a sign, I apprehend, of its being a bad one".

During the American presidential campaign of 1880, the Christian Union made the admission that, of the nineteen men who, up to that time, had held the office of President of the United States, not one had ever been a member of a Christian church. Officially, USA has declared, "The government of the United States of America is not in any sense founded on the Christian Religion."

John Adams, the second president, felt so strongly about religion he told Thomas Jefferson, "This would be the best of all possible worlds if there were no religion in it." Jefferson agreed.

Is it not time to relieve the extra tax burden on Canadian citizens? Is it not time to begin taxing individuals and organisations in an equal and just manner? Isn't that what we have in a true democracy?

Can Canada Ever Become a Democracy?

Phil Sheegl is not in prison. This clearly tells us Canada is not a democracy. We are told all citizens are equal. Obviously, some citizens are more equal than others.

Canada has always been England's puppet and not an independent democracy. Canadians have been told they are living in a democracy so often; most have come to believe we have a democracy despite all the evidence to the contrary.

Canada has accepted King Charles III as our king and has adopted England's god as our god. Why? Why can't we run our own country and give up the idea of monarchs and state religions?

Canada officially states it was England's god who placed King Charles III onto his throne. Up until 2018 any Canadian questioning this was guilty of blasphemy. This was especially true during the reign of Queen Elizabeth I when children as young as seven years old were convicted and hanged for heresy and blasphemy.

The Canadian Charter of Rights and Freedoms begins by affirming, "Canada is founded upon principles that recognize the supremacy of God". Because "God" begins with a capital letter, it is implied that this is the one and only true god, which is the English monarch's god. This is evidence that, despite Canadians having elections, Canada is a pseudo-democracy.

Most Canadians do not recognize England's god. Many Canadians worship a different god or gods, and many Canadians view all religions as being false, believing there are no gods. To be a true democracy, religion and government must be separate. Religion must be a personal matter, neither condemned nor condoned by the state.

A true democracy has no official religion, and no religion is used as the basis for laws. In a true democracy citizens think for themselves, deciding how they should run their own country, and, by using common sense, justice, and fairness, they make their own laws and rules. A true democracy has equality for all citizens and has a government of the people, by the people, and, of course, for the people. All citizens have total freedom to think for themselves, to voice their opinions and to live according to their conscience. However, citizens do not have the right to infringe upon any other citizen's rights.

A true democracy does not tell other countries what to do and they do not allow other countries to tell them what to do. Historically, England's friends and enemies have been Canada's friends and enemies. However, England has always been fickle. England changes their friends and enemies like I change my socks.

In 1939, when England declared war on Germany, Canada, being part of the British Empire, was also at war with Germany. This meant Russia, as Germany's ally, became Canada's enemy. This resulted in Canada arresting Jacob Penner, a Canadian living in Winnipeg, who was considered pro-Russia because he was an admitted communist and atheist. Penner, along with other Canadians, was arrested and held in prison for more than two years without any formal charges being laid. However, with the double agent and spy fiasco which caused Russia to change sides, Russia became England's ally and friend. Canada, to save face, quietly released

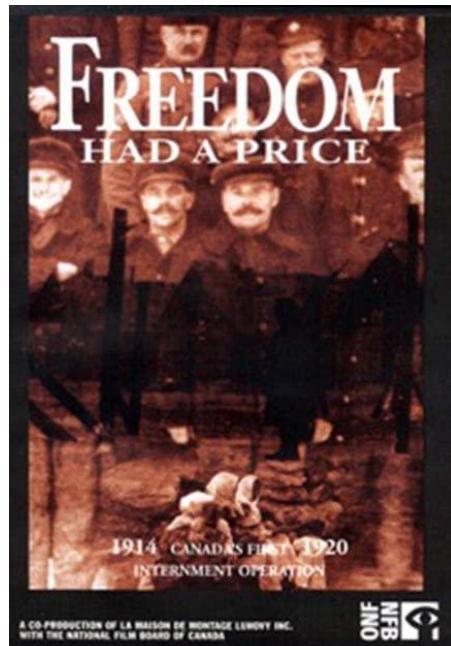
Jacob Penner without explanation. This is an example of how Canada, being England's puppet, flip-flops and jumps around with no thought, just trying to please their master.

Expanding to the west, Canada welcomed the immigration of peasants from the Austria-Hungarian Empire to break land and build farms on the prairies. However, when England entered World War I, Canada, being England's puppet, was automatically pulled into the war and these Canadian peasants from Eastern Europe were deemed to be enemy aliens. Thousands of men, women, and children were arrested and imprisoned in concentration camps throughout Canada. Women had babies in these camps, many peasants died, and some were shot when they tried to escape. These immigrant Canadians had no rights. This atrocity was repeated during World War II when Japanese Canadians were arrested and put on forced labour farms. Japanese Canadians also lost their rights and freedoms. Would these evils have happened if Canada was a true democracy?

A true democracy has a constitution which is strong enough to limit the powers of elected politicians. Canada does not have such a constitution which would keep zealous apparatchiks on a tight leash and prevent them from pulling us into trade embargos, trade wars, and military conflicts. A true democracy has no enemies, only friends. Through trade, a country prospers, and a true democracy will trade with all countries. A true democracy does not have the arrogance to dictate to other countries, to criticize their choice of government. A true democracy addresses internal matters which they have control over and allows other countries to do the same.



2024 Canadian Silver Dollar



Is Uncle Sam Spying on You?

Is it true, does Uncle Sam know more about me than I do? Why would he be spying on me? I am told he even listens to my telephone conversations. Does Uncle Sam really care about what I do? Does he care about what you are doing?

Our tale began twenty years ago when my wife and I were crossing the border into the United States. At US Customs, we were informed that our vehicle would be searched while we waited in an adjacent room out of sight of our van. I asked one of the custom officers why they were picking on us. He replied that they had randomly picked us for an extensive search, explaining, it was like winning a lottery.

When we entered the waiting room, there was only one other person. She asked us why we were being searched, explaining that she was searched every time she entered the States because her boyfriend, who lived in the USA, was a convicted felon. I truthfully replied that we were being randomly searched. She laughed, telling us they never did random searches. She suggested, we must have done something to raise their suspicions. Neither my wife nor I have criminal records, we don't do drugs, nor do we participate in any criminal activities. Why would they pick on us? This lady asked us if we had any criminals in our families or amongst our acquaintances. There were none that we knew about.

After nearly three hours we were finally released, with the officer telling us to have a nice trip. Was he being sarcastic? Checking over our van, we could not find any evidence of a search. We had heard tales about people having their vehicles ripped apart and then told it was up to them to put it back together. However, seeing no evidence of a search only increased our anxieties as we wondered if our vehicle had been bugged, or maybe a GPS had been hidden somewhere. We kept asking ourselves if the lady in the waiting room was correct when she exclaimed that Customs never did random searches.

We did not know any US Customs officers, but we did know a few Canadian Customs officers whom we questioned. We got no answers. As I continually thought about the possibility of our van being bugged, I became very determined to get to the bottom of this. I questioned everyone I thought could possibly shed some light on this matter. After several years of pestering people, I finally got the answer I was looking for. I was handed a brown envelope which contained a court transcript and a record of arrest, including a mug shot of one of our relatives who lives in British Columbia. But he has a different surname from us and we had not seen nor communicated with this person, nor his family, since he was a toddler more than twenty years before. How could Uncle Sam know we were related, and why did he think we were in cahoots with this person who had been convicted of smuggling drugs out of Mexico into Arizona? Under this person's truck, police had discovered a large quantity of drugs in a compartment which had been painted and disguised to look like original equipment. Besides a hefty fine, the judge gave this smuggler a five-year prison sentence.

Now I wonder, what else does Uncle Sam know about us. What does he know about you? It's enough to make us paranoid and we wonder if our Canadian government is also spying on us. Where are all these privacy laws? Why are innocent people assumed guilty if they are related to a criminal? Now I am wondering about the rest of our relatives. I had no idea there was a criminal in our family. Why would I? None of our close relatives in Manitoba associate with the criminal

side of the family who live in British Columbia. I wondered if some of our relatives had also been stopped and questioned at the border? I'm reluctant to ask them, because I would then have to tell them the whole story and they would be certain to ask where I got my information from. The source of that information is confidential.

I wonder, if people knew about Uncle Sam spying on them, would there be less criminal activity?



Fear

There is an epidemic of obesity in our society and religion is to blame. Diseases associated with obesity are on the rise. These include heart disease, arthritis, hardening of the arteries, rotten knees, and rotten hips. The root cause for people to eat too much of the wrong things is religion.

Every person has three personalities, Child, Parent and Adult. These three personalities must develop together and speak to each other if children are to mature into healthy sane people who have their Adult in control of their Parent and their Child. Anthropologists refer to grownups who have their Child in control as being paedomorphic or child-like; they have never learned logic nor how to reason and, like a child, they tend to accept whatever someone who appears to have authority tells them. They believe Tony the Tiger when he states that Sugar Frosted Flakes are GR-R-R-R-R-R-R-EAT! The truth is these sugar-coated flakes are 90% sugars and starches with 0% fibre and almost no protein. Plain oatmeal contains no sugar, over 13% protein, and lots of fibre. This is a good alternative for the candy which parents give their children for breakfast. Eggs are a better alternative. They have natural vitamins, and a lot of protein which children need to grow strong and healthy bodies. Besides this, eggs have no sugar.

It is not unusual to see paedomorphic parents giving their two-month-old child Coca-Cola or Pepsi-Cola, even though the phosphoric acid in these drinks will rot teeth and bones. Plus, the sugar overload in these drinks will lead to obesity and diabetes. Children raised on sugar, crave sugar, because their taste buds never fully develop.

Religion forces children to develop their Child and suppress their Adult as well as their Parent. Fathers and mothers allow religious organisation to have complete power and control over their children who are taught to follow dogmatic rules. Religion teaches children not to bother themselves with thinking, they will do the thinking for them. Religion teaches children to lie, to state they believe what they do not believe. A mature Adult can think rationally and scientifically, but if the child's Adult is not allowed to think and mature, these children will never develop the skills needed to live an independent adult life. Religion instils fear in children, telling them they will burn in Hell if they dare try to think and if they dare try to develop their Adult and Parent. Fear rules their lives.

Paedomorphic parents seldom read labels, and if they do, they do not bother to find out what these often-unpronounceable ingredients really are. They do not question the veracity of advertisements about food for their children. With a little research a parent can easily determine what is in, for example, Jello instant pudding, which is basically laundry detergent. The two phosphates in this mix cause milk to thicken and form a pudding like concoction which children would spit out if it wasn't excessively sweetened with sugar and enhanced with artificial flavourings and colourings. These phosphates are also used as laxatives which come with warning labels cautioning the purchaser, these laxatives should not be administered to children under twelve-years-of-age.

Why don't governments do something about foods which are destroying our children's health? Jello instant pudding has been a very big money maker for General Mills which was

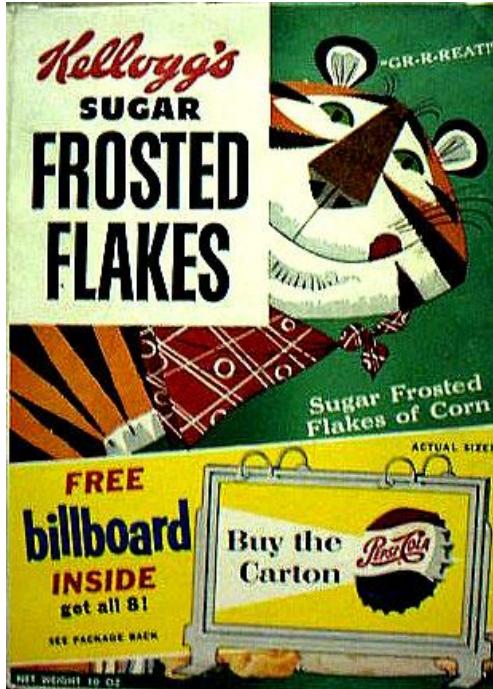
purchased by the tobacco giant, Phillip Morris, for a record \$5.75 billion US. We are being told that large tobacco companies like Phillip Morris have politicians and researchers in their back pocket.

It is the parents' responsibility to determine exactly what big food companies are feeding us. Besides food giants, Phillip Morris and other tobacco companies have also invested heavily into pharmaceuticals, health care, and funeral homes. They intend to get your money as you come and as you go.

Big companies believe, if they say something loud enough and often enough, it will become the truth. The same television commercials, repeated, again and again, become tattooed in a Paedomorphic parent's brain, especially if there is a catchy jingle. This is why parents will regularly reach for these advertised items whenever they see them.

Often food giants will disguise ingredients. Monosodium glutamate may be referred to as modified starch, glutamic acid, glutamate, yeast extract, hydrolysed protein, sodium caseinate, yeast nutrient, autolyzed yeast, et cetera. Sugars are often disguised as corn syrup solids, malt extract, concentrated fruit juice, milk ingredients, corn sweetener, honey, cane crystals, evaporated cane juice, et cetera. Often, foods are stated as having no added sugar even though they contain one or more of these disguised sugars. Cyanide, a poison once used to execute criminals, is referred to as Yellow Prussiate of Soda, and added to some foods.

Isn't it time for everyone to get familiar with what they eat?



More vintage tobacco makes PHILIP MORRIS
naturally richer and milder



Yes! There's more rare vintage tobacco in PHILIP MORRIS... KING SIZE and REGULAR...than in other leading cigarettes!

More vintage tobacco makes vintage smokers naturally more flavorful... naturally richer... naturally smoother smoking. Vintage tobacco is the remains of a better life... just the right amount of nicotine and tannin.

U.S. Government standards. And it is more easily, too. The result is America's favorite cigarette. America's favorite tobacco...smoother for millions of smokers, milder and less tannin. Enjoy vintage smokers today!

CALL PHILIP MORRIS
KING SIZE OR REGULAR



Slavery: Throw off Your Chains, Wake up and Live

When Abraham Lincoln signed the Proclamation of Emancipation, his friends and advisors discussed with him how slaves may be easily freed physically, but to free them mentally was much more difficult. One friend and advisor, Robert Green Ingersoll, described the task to be almost impossible. He declared, it could only be done through education. The slaves must be educated enough so they are able to "Think". Slaves, Ingersoll stated, have no logic nor reason, they just mindlessly follow instructions whether they wear iron chains or not. Ingersoll gave the general population as an example of people who have been freed physically but still wore mental chains.

To get his point across, Ingersoll described his own emancipation. This biographical essay, along with all his other published works, are now in the Public Domain and may be freely read, studied, and distributed without royalties or other charges. His tale is as follows:

WHEN I became convinced that the Universe is natural, that all the ghosts and gods are myths, there entered, into my brain, into my soul, into every drop of my blood, the sense, the feeling, the joy, of freedom. The walls of my prison crumbled and fell, the dungeon was flooded with light and all the bolts, and bars, and manacles, became dust. I was no longer a servant, a serf, or a slave. There was for me no master in all the wide world, not even in infinite space. I was free, free to think, to express my thoughts, free to live to my own ideal, free to live for myself, and those I loved, free to use all my faculties, all my senses, free to spread imagination's wings, free to investigate, to guess, and dream, and hope, free to judge, and determine for myself, free to reject all ignorant and cruel creeds, all the "inspired" books that savages have produced, and all the barbarous legends of the past, free from popes and priests, free from all the "called" and "set apart", free from sanctified mistakes and holy lies, free from the fear of eternal pain, free from the winged monsters of the night, free from devils, ghosts and gods. For the first time I was free. There were no prohibited places in all the realms of thought, no air, no space, where fancy could not spread her painted wings, no chains for my limbs, no lashes for my back, no fires for my flesh, no master's frown or threat, no following another's steps, no need to bow, or cringe, or crawl, or utter lying words. I was free. I stood erect and fearlessly, joyously, faced all worlds.

And then my heart was filled with gratitude, with thankfulness, and went out in love to all the heroes, the thinkers, who gave their lives for the liberty of hand and brain, for the freedom of labour and thought to those who fell on the fierce fields of war, to those who died in dungeons, bound with chains, to those who proudly mounted scaffold's stairs, to those whose bones were crushed, whose flesh was scarred and torn, to those by fire consumed, to all the wise, the good, the brave of every land, whose thoughts and deeds have given freedom to the sons of men. And then I vowed to grasp the torch that they had held, and hold it high, that light might conquer darkness still.

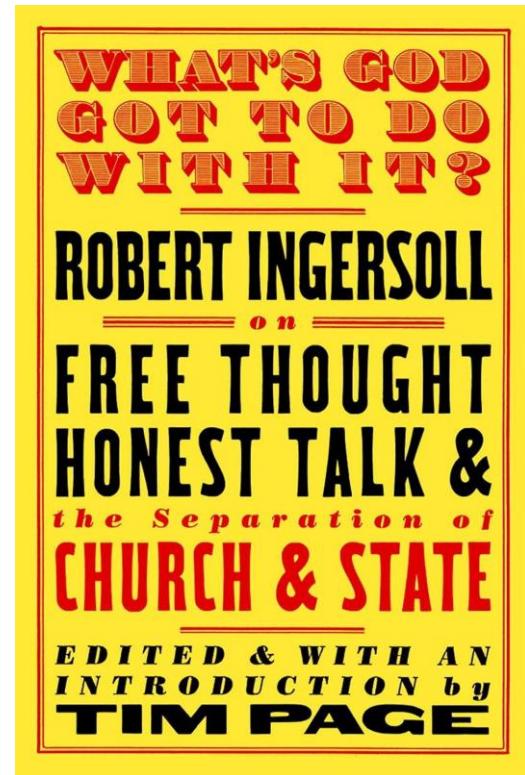
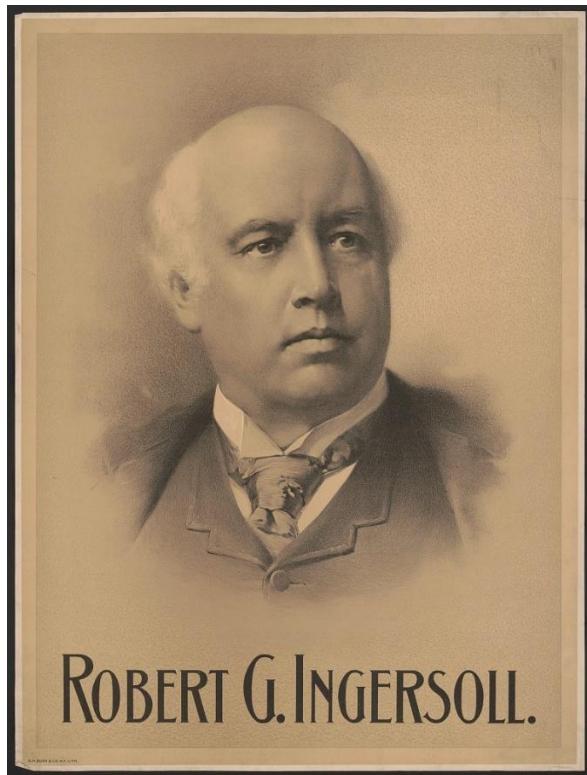
Let us be true to ourselves, true to the facts we know, and let us, above all things, preserve the veracity of our souls.

If there be gods we cannot help them, but we can assist our fellow men. We cannot love the inconceivable, but we can love wife and child and friend.

We can be as honest as we are ignorant. If we are, when asked what is beyond the horizon of the known, we must say that we do not know. We can tell the truth, and we can enjoy the blessed freedom that the brave have won. We can destroy the monsters of superstition, the hissing snakes of ignorance and fear. We can drive from our minds the frightful things that tear and wound with beak and fang. We can civilize our fellow men. We can fill our lives with generous deeds, with loving words, with art and song, and all the ecstasies of love. We can flood our years with sunshine with the divine climate of kindness, and we can drain to the last drop the golden cup of joy.

Ingersoll's words were suppressed by those in power who stood to lose what was most important to them, money, and power.

One-hundred years later, former slaves were still demanding freedom. They did not understand, they had freedom, they only had to throw off their mental chains. All they needed to do is, **WAKE UP AND LIVE**.



Slavery

Every person on earth is descended from slaves. Forever, tribes have been conquering other tribes, often killing all the men, and enslaving the women and children. Territorial borders have been constantly shifting as tribes conquered and colonized foreign lands. People have accepted, the strong will be masters and the weak will be slaves. This Master/Slave mentality is so imbedded on our brains, we accept it as natural, normal, and unchangeable. The majority, believing they have no power, grovel in the hope they will not receive punishment from their "Masters" who are fully aware, through fear, they can control the brainwashed and subservient flocks.

Siddhartha Gautama, known as The Buddha, advised that peace and contentment is not found externally, these can only be found internally. Despite insisting he was a mortal human being just like his followers, many Buddhists today worship The Buddha as a god. They have not accepted The Buddha's condemnation of the Master/Slave mentality and his belief that the idea of a caste society is nonsense.

Most people refuse to give up the belief that they are part of a lower caste who must kowtow to the anointed ones. In India, a report released by Amnesty International found an extremely high number of sexual assaults on Dalit (lowest caste) women. Landlords, upper-caste villagers, and police officers often participate in these attacks which are, due to fears of retaliation, seldom registered.

Mahatma Gandhi preached, Nature decrees we are all equal, ALL-ONE. Evolutionists, historians, and scientific scholars agree with Gandhi, there is no legitimate reason for one group to feel superior or inferior to any other group. Gandhi, for his beliefs, was assassinated, by a Brahmin (highest caste). Unfortunately, Jawaharlal Nehru, India's first prime minister, was also a Brahmin who deliberately kept the idea of caste alive. Today, 40 million Dalits in India suffer as bonded workers. These people, 15 million of whom are children, work under slave-like conditions in fields and factories.



Mahatma Gandhi

This Master/Slave mentality is imbedded in Canadian culture. Last month, sex assault charges against a Manitoba man and woman were tossed out of court after a ten-year-old rape victim did not appear in court to identify her two persecutors. Imagine, when facing her rapist, how traumatised this child would have been. What if this ten-year girl had been killed, would the courts demand she be resurrected from her grave and brought to court so she could point out her killers?

In Canada, thousands get a free university education after committing a serious crime. Canada declares education will rehabilitate these criminals, despite evidence to the contrary. Besides a university degree, convicts are rewarded with free prepared meals, shower facilities, television, computers, gyms with exercise equipment, free medical, including free medicines, free dental work, and free eyeglasses. All this while rape victims, even children, must re-live the horror that was inflicted upon them by pointing out their rapist in a court room.

Elias Whitehead, a 37-year-old Indigenous man died after being arrested by Winnipeg police who reported, Whitehead, when taken into custody, went into medical distress, was transported to hospital in critical condition and was later pronounced deceased. Two eyewitnesses took videos which showed officers repeatedly kneeing and punching this man as he lay defenceless on the ground. This incident is much like the well documented case of George Floyd who was murdered by police in Minneapolis.

Such examples of police getting away with brutality and murder are ubiquitous across Canada. In Burnaby, British Columbia, Myles Gray died after being beaten by a gang, comprised of a dozen police officers. Gray's injuries included ruptured testicles, a broken voice box, a fractured eye socket and widespread bruising. Despite a coroner's inquest stating this was a homicide, all the police officers involved in Gray's death remain as members of the force and none will be facing criminal charges, nor any disciplinary penalties. Children, some less than a year old, have died in police custody with no investigations ever being made.

We worship rich people who have made their money through ruthless and often illegal business practices, and then we praise them again for being philanthropic with their ill-gotten gains. Most people do not understand, people demonstrate their superiority by swindling the uneducated and then they accentuate their superiority by giving money to people who do not know how to help themselves. These philanthropists are being praised for giving a man a fish while brainwashing these people into believing they cannot fish for themselves. Why do we not teach these "low life" that they do not need charity?

Emancipation

Thousands of published articles, pamphlets, and books are giving us sufficient evidence to prove Jesus is a fictional character. In his book, *Caesar's Messiah*, Joseph Atwill describes how and why Titus Flavius, a Roman Emperor, commissioned men to fabricate fairy tales about a man who never had a name, only a title, which translated into English means Saviour Messiah. Richard Dawkins, in his book, *The God Delusion*, describes the evolution of superstitions and religions. Despite this evidence, billions of people continue worshipping Jesus as a god. It's surprising the number of people who believe fictional characters, including Superman and Harry Potter, are living people with supernatural powers.

Robert G. Ingersoll advised, a declaration of emancipation can physically free the slaves, but the belief that they are inferior to others persists, not only in their minds, but also in the minds of their masters. Unless freed mentally, former slaves will continue to seek a master, whether that master is a physical person, a living or dead hero, an icon, or a supernatural, invisible, and imaginary being. Ingersoll explained, nobody but the freed slaves themselves can throw off their mental chains. The only thing others can do to help former slaves become truly free is through education so these freed slaves can develop the ability to think. A person who thinks is free. Anyone who follows without thinking is a slave.

Robert Ingersoll, Walt Whitman, Samuel Clemens, Oliver Wendall Holmes, Frederick Douglass, Andrew Carnegie, Ralph Waldo Emerson, and several others, discussed plans with Abraham Lincoln about the necessity of educating slaves once they are freed. These plans died after President Lincoln was assassinated.

Four conspirators in the assassination of Lincoln were executed by hanging, one of whom was a woman, Mary Surratt. Some other conspirators were imprisoned. John Surratt, Mary Surratt's son, through help from Catholic clergy, fled into Canada, then to Rome, where he found sanctuary. The conspirators failed in their plans to also kill Secretary of State, William Seward, Vice-President, Andrew Johnson, and Ulysses S. Grant.

Charles Chiniquy believed one of the reasons for Lincoln's assassination was to block the education of not only Southern slaves, but also the education of the general population, the majority of whom are slaves to their entrenched fears and beliefs. Today, children are being taught, John Wilkes Booth acted alone in killing Lincoln.

Romans, when they ruled the world, were strongly possessed of the spirit of liberty, but not the principles. They were determined, they would not be slaves to anyone, however, they employed their power to enslave the rest of mankind. This tradition is apparent in several religious books, including The Bible, which states, God's people must defend themselves against slavery, but they must enslave their wives and children whom God decrees are men's chattels. God also commands his people to, without mercy, slaughter or enslave foreigners.

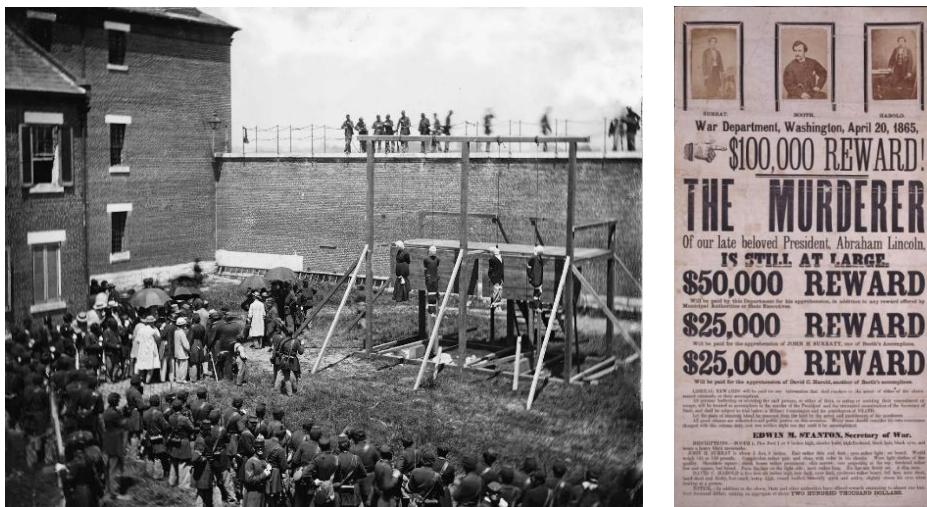
It was quite plain to Lincoln and his confederates, liberty and religion are not compatible; we can have one or the other, but we cannot have both at the same time. Lincoln believed, to have liberty and equality of all people regardless of colour, age, gender, or creed, Church and State must be separated. Charles Chiniquy and Robert Ingersoll believed Lincoln's declaration

that the slaves' lack of education is the only thing that makes them inferior, sealed the president's fate.

For over thirty years, Northup Frye taught his students at the University of Toronto that The Bible, both the Old and the New Testaments, are works of fiction and not true historical stories. At the time, Canada still had archaic laws which were remnants from the Dark Ages, and Frye, for questioning the veracity of The Bible, only escaped being arrested and imprisoned on charges of blasphemy, because, as a university lecturer, he was exempt from these laws.

Even though Charles Darwin chose his words carefully, many citizens demanded charges of blasphemy should be brought against him when he published his book, *On the Origin of Species*. To the enlightened, charging Darwin with blasphemy would be an indication that England was moving back into the Dark Ages when over one-hundred-million people were tortured and executed through the Inquisition. Darwin was not publishing anything new. In fact, he was following a family tradition; both his father and grandfather had published similar works which described how species have evolved over time. However, Darwin's father and grandfather had published their works during the Age of Enlightenment when Voltaire's followers witnessed the banishment of the Church from France, when Thomas Paine published *The Age of Reason*, and when the founders of the American Republic declared, God and State must be separate because the basis of all laws should be by rational thought using common sense, and not by divine decree.

People who do not take charge of their own lives and plan their own futures have a Master/Slave mentality. They will never be free until they begin to think for themselves and quit living their lives through thoughtless and blind faith.



Execution of Lincoln conspirators and Reward Poster for Conspirators (Including John Surratt)

Slavery: It's Not Unusual

At a live concert, several thousand women were making complete fools of themselves. They were begging to be Tom Jones' sex-slave as they slung their underwear towards this stage performer. Tom Jones seemed to be reading my mind as he began bellowing, "It's not unusual."

I soon discovered; this behaviour is not unusual. Similar things have happened with Frank Sinatra, Elvis Presley, Gerry Lee Lewis, Chuck Berry, Mick Jagger, and every other type of celebrity including politicians like John F. Kennedy, Pierre Trudeau, Benito Mussolini, Adolf Hitler, and even revivalist idols like Billy Graham. Why would a woman beg to be someone's sex-slave?

When an audience is salted with a dozen or so paid manipulators, the susceptible audience is quick to follow their actions, whether it be to clap and cheer at the right moment, or to chuck their panties onto the stage. They act like sheep following a goat. Monkey see, monkey do.

I have discovered, this type of absurd behaviour, doing things with no rational forethought, stems back to fairy tales and religious stories which children learn when they are too young to think for themselves. Children, from the day they are born, are being taught that thinking is bad, and they must accept ridiculous fairy tales such as Santa Claus, Noah's ark, and the boogey man as true facts. They continue to believe make-believe for the rest of their lives.

Anyone with the ability to think will eventually realise that theology is a dishonest science based on belief, on credulity, and on trust. Theology abhors investigation, despises thought, and denounces reason. True science teaches us to think and to reason, to use common sense in planning our own futures, to take control of our thoughts and actions. In religion, facts, inconsistent with the creed, are denounced as lies, and the person declaring these facts is called a blasphemer. Every theology professor breathes the air of insincerity, is mentally dishonest, and is a pious fraud. His students have been well-taught, they must not question, and they must not think.

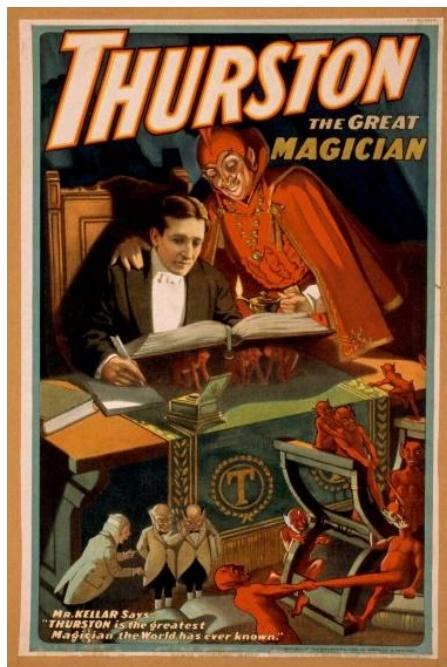
James Randi, the famous Canadian illusionist, known as The Amazing Randi, spent his lifetime trying to educate "True Believers" by exposing how "Magicians" did their tricks and how healing revivalists are fakes who are scamming the gullible public. In 1964, Randi offered a prize of one-million dollars to anyone who could demonstrate evidence of a paranormal, supernatural, or occult phenomenon. Randi debunked over one-thousand people who challenged the prize. Sixty years later, nobody has managed to claim the million dollars. Despite this, the number of "True Believers" grows and will continue to grow until average people on the street begin to become educated and learn to think for themselves and admit, there is no magic, and there are no miracles, everything that happens has a scientific explanation.

Scientists such as Richard Dawkins are stating, religion is the root of all evil, and historians, such as Howard Zinn and David Edwin Harrell, give us many examples of evil done through religion. Religious people are so accustomed to behaving in an irrational and insane manner, they see nothing wrong with killing, robbing, and torturing people, if it is done in the name of religion. People have been somehow convinced that killing for one's deity is a

praiseworthy act, whether this deity is an imaginary god in the sky, or a mortal person who is commonly referred to as a king, queen, emperor, or dictator.

To control millions of captured slaves, Roman emperors invented many religions which were geared to various cultures, often incorporating the local religion into the newly fabricated one. To create these new religions, these emperors followed the teachings of Marcus Tullius Cicero, who wrote, “We must persuade our citizens that the gods are the Lords and rulers of all things and what is done, is done by their will and authority; and they are the great benefactors of men, and know who everyone is, and what he does, and what sins he commits, and what he intends to do, and with what piety he fulfils his religious duties.”

While in a seminary studying to become a priest, Joseph Stalin read Cicero’s writings, and so did other ambitious men like Peter the Great, Napoléon Bonaparte, Adolf Hitler, Pierre Trudeau, and many others. These men were also familiar with the Roman philosopher, Lucius Seneca who wrote, “Religion is regarded by the common people as true, by the wise as false, and by the rulers as useful.”



Howard Thurston, the Magician, and Billy Sunday, the Evangelist Preacher

Climbing the Pyramid

Social-scientists use an imaginary Pyramid to illustrate how society classifies people on a social-economic scale. People who are the least educated and have the least wealth live in the bottom layers of the Pyramid. Many of these bottom dwellers are illiterate and have poor language skills; many do not have a job, and many are homeless. The one percent of the population who live at the top of the Pyramid control over one-half of the world's wealth. The fifty-five percent living at the bottom of the Pyramid, control only one percent of the world's wealth. In Canada, everyone has access to education and opportunities, everyone is free to move up, or down, the Pyramid.

There is a fear, if too many people move upwards, the Pyramid will become top-heavy and topple over. Some believe, to keep bottom-dwellers in their place, they should be kept uneducated, ignorant, and dependent on others for their needs. Despite this, many bottom-dwellers have managed to climb high up the Pyramid. To begin the upward journey, as Mark Twain advises, one must abandon the fantasies and fairy tales which have been taught in and out of school and learn how the real-world works. A person who refuses to read is no better off than one who cannot read. Climbing skills may be learned by reading Benjamin Franklin's, *The Way to Wealth*, along with his autobiography. Other recommended authors are Gerald Massey, Robert G. Ingersoll, Mark Twain, Charles Darwin, Thomas Paine, Joseph Atwill, Robertson Davies, and especially Dr. Orison Swett Marden, whose life was a true rags-to-riches saga. You will learn, there is no need to rob others, you can increase your wealth and status just by improving yourself. For a family to remain at the top, it usually takes three generations to climb the Pyramid, with each generation becoming more educated and talented than the previous one. A parent's ceiling should be their children's floor.

A quick climb often results in a quick descent. One must move up a little bit, grow accustomed to the new environment, and then move up a little more. Peter Nygård is an example of someone who wanted to run up the Pyramid. He lost his footing and found the Pyramid to be a slippery slope as he slid to the bottom. Was this a case of "pride comes before a fall", or possibly, an example of how someone may be corrupted by money and power?

In George Bernard Shaw's play, *Pygmalion*, Eliza Doolittle, a street urchin, is accepted into aristocratic society as one of their own after she is educated and groomed by Professor Higgins. This play is a satire, pointing out that the idea of blue bloods is all fiction and fantasy. We are all the same, ALL-ONE, and it is our environment that shapes us. *Pygmalion* was made into a popular musical, *My Fair Lady*.

Sir Sydney Poitier is a real-life example of how a person may, with a little effort, change their speech and mannerisms so they may fit into a different stratum of society. Growing up in The Bahamas, Poitier spoke a Bahamian patois and had Bahamian mannerisms. After arriving in Florida at age fifteen, Poitier learned how to imitate upper middle class American speech and

behaviors. Many people who knew Poitier, believed, because of his language skills and personality, he must have been university educated, when, in fact, he had almost no formal education, having attended a one-room schoolhouse on Cat Island, in The Bahamas.

Libraries have thousands of biographies of people who have moved upwards like Poitier. Living in a society which allows freedom of choice, we all can follow Poitier to a higher level on the Pyramid. On which level do you want to live?

Many people have received a first-class university education for very little money, often for free. There are many books which explain how this may be done. Some people have obtained scholarships while others have worked at menial jobs to pay their tuition. Many have found jobs at a university which gives free tuition to employees. Thousands have learned how they may, with a small fee, challenge final exams without ever having attended any classes. Textbooks may be borrowed or purchased second-hand at a reasonable cost. Studying on one's own teaches much-needed skills in self-discipline. Where there is a will, there is a way. Many at the top of the Pyramid have little formal education, but, like Andrew Carnegie and Henry Ford, they never stopped reading and learning from books, many of which are available for free in local libraries. There is no excuse for not moving up the Pyramid. All it takes is a little bit of education, planning, and determination.



Common Sense

“When the Lord your God brings you into the land you are entering to possess and drives out before you many nations, and you have defeated them, then you must destroy them totally. Make no treaty with them and show them no mercy.”

Billions of people proudly own a book which contains the above quote, or a variation of it. How many recognise this quote? Most have never read their book, nor any history. What they believe about history and their ancestors is nonsense.

Two-hundred years ago, Christians owned more slaves than any other group. Before there were any Black slaves in British American colonies, there were millions of American Indian slaves, and White slaves. Christians took shiploads of Native Americans to Europe and sold them as slaves.

George Washington did not win the American War of Independence. Benjamin Franklin and Thomas Paine negotiated an alliance with France, Spain, and The Netherlands. Washington's frozen army was barely hanging on to Valley Forge, Pennsylvania, when the French navy was preventing English ships from bringing reinforcements and needed supplies to the English armies in Virginia. It was The Marquis de Lafayette and his army who defeated the English at Yorkton, Virginia, in 1781, forcing England to surrender.

Thomas Paine was the true hero of the American Revolution. His books, *Common Sense*, *The Age of Reason* and *Rights of Man*, not only ignited revolutions, but detailed how to form a democratic republic. In *Common Sense*, the first American best-seller, Paine wrote how appalled he was that “Good Christians” should own slaves. The leaders of the rebellion agreed, once the colonies gained their freedom, there would be no retaliation towards anyone who had sided with England. Treaties with American Indians would be honoured. All slaves and indentured servants would be freed, and every citizen, including peoples of all colours, religions, races and genders, would enjoy personal freedom and equal rights, including the right to vote in elections. The four evils of monarchy: poverty, illiteracy, unemployment, and war would be eliminated. The only excuse for war would be national defense. To Thomas Paine, this was just “Common Sense”.

As a prelude to the anticipated democracy, Paine was successful in having slavery abolished in Pennsylvania. Not knowing he would be double-crossed, after England surrendered, Paine crossed the Atlantic where he took part in the French Revolution. No agreements were sacred to George Washington and his confederates. Just like other imperialistic nations, treaties, formal agreements, constitutions, and bills of rights, would be written, signed, and then ignored.

To the victorious American citizens, it soon became apparent, they had jumped from the frying pan into the fire and there would be no democracy. Whoever controls the military, controls the nation. Washington and his fellow white, rich, landowners proved to be wolves in sheep's clothing. Washington's army carried out a witch-hunt, seizing lands and possessions from anyone

Washington deemed to be loyal to England. If not killed outright, those accused of treason were forced to flee the country with just the clothes on their backs. Much of the confiscated property became part of Washington's personal estate, making him the richest man in America.

The new oligarchy dictatorship's hidden agenda quickly came to light. With guidance from "The Good Book" and authorisation from the "Doctrines of Discovery", the new government seized land in Indian Territory. Forty-four million acres were given to the Northern Pacific Railway Company with instructions to build a railway to the Pacific Ocean. A million soldiers marched in front of the railroad and settlers followed behind it. In a few short years, the buffalo in the USA were extinct, and American Indians were nearly exterminated after open season had been declared on them.

These oligarchs, drunk on money and power, began looking in all directions to see where their next conquest would be, Mexico, Florida, Cuba, Hawaii, or somewhere further across the ocean? They were determined to build an empire bigger than England ever had.

Thomas Paine and Benjamin Franklin had been hoodwinked but they did not concede. They were determined, with the help of their confederates, to build a true democratic republic where all slaves would be freed and educated. Paine could clearly understand; slaves could be physically freed but remain slaves until they are mentally freed. If a plough-horse is set free, it will stand around, looking for someone to tell him what to do. When given their freedom, serfs and slaves tend to do the same. They will latch onto kings, powerful leaders like Napoleon Bonaparte, or anyone else in a position of authority, becoming their willing slaves, and worshipping them as gods.

Education is a friend of former slaves. Education gives them an understanding that all people are the same, ALL-ONE. Nobody is superior to anyone else. They must learn, they can take charge of their own lives and plan their own futures. They must come to realise, the enemy is not out-there, the enemy is in themselves. Over two-thousand years ago, Siddhartha Gautama taught this to his disciples, but many of his followers, seeking a god, are worshipping Gautama, declaring him to be divine.



Diabetes by Hockey

“An ounce of prevention is worth a pound of cure.”

The Canadian medical genius, Dr. Hans Selye, through thousands of scientific studies, confirmed, individuals react to every variety of stress in the same way, whether it be physical stress or mental stress. The pituitary gland at the base of our brain begins protective action by producing two hormones, ACTH and STH. This is the beginning of what Dr. Selye refers to as the “alarm reaction”, which varies with the intensity of the stress. Other glands begin producing different hormones, including cortisone. The body begins to break down protein into sugar, needed for energy. Our blood pressure goes up and our blood sugar rises. The pancreas will increase the production of insulin to control blood sugar levels. Prolonged stress causes other changes, minerals are drawn from our bones, fat is mobilised from storage depots, an abnormal amount of salt is retained as the body prepares for fight or flight.

At this point, if we calm down and relax, the body will eventually go back to a normal relaxed state and repairs to damaged tissues begin. If stress is constantly repeated, the thymus and lymph glands shrivel as their proteins are purposely destroyed to make sugar. Once these glands shrivel up, the body takes protein from blood, liver, kidneys, and other parts of the body to make more sugar. Our glands and organs become exhausted. When the pancreas is too depleted to make enough insulin, our blood sugar can no longer be reduced, and we experience the first signs of diabetes, which is just one of many symptoms of an exhausted body when proteins are necessarily stolen and not replaced, and our bones become weakened by the theft of calcium. Our body is slowly decaying and will continue to do so unless we can escape the stress and begin to relax.

It makes perfect sense for our body to react this way when we are in real danger. However, it is unhealthy and often life-threatening if our body goes into full blown defense mode when there is no danger. The problem is our body is easily fooled into thinking there is a real threat when there is none. When we watch a hockey game on television, our body is fooled into thinking we are physically involved in what we see, and it reacts accordingly. When we are watching a player racing towards the net to score a goal, our body reacts as if we are that player, and we experience an adrenalin rush as sugar is pumped into our blood. If we repeat this hour after hour and day after day, there comes a day when our body becomes exhausted. When the pancreas becomes depleted, it can no longer produce the insulin necessary to handle the excessive sugar in our blood. Eventually our cells are unable to take in any more sugar and insulin will have no effect on our blood sugar levels.

Unfortunately, to make matters worse, Nature has played a dirty trick on us. When adrenalin is pumped into our blood, sugar, along with endorphins, enter our bloodstream, which makes us feel good. All our problems and worries disappear. People become addicted to these sugar/endorphin rushes, and they go back for more. Not everything that feels good, or tastes good, is good for us.

Dr. Selye’s experiments were done in the laboratory on rats. Other researchers confirmed his findings by experimenting with human volunteers in prison. After being subjected to

continual stress, prisoners had numerous symptoms of a decaying body. Some volunteers became too ill to continue with the experiment. When the prisoners were removed from stress and placed in quiet surroundings with plenty of fresh air, sunshine, mineral and vitamin supplements, along with an adequate diet, they eventually recovered. Adelle Davis, in her book, *Let's Get Well*, explains what an adequate diet is. It is not pizza and beer.

For hundreds of years scientists had been warning about the health effects of tobacco products while movie stars and famous people were accepting money from tobacco companies to promote smoking. Smoking was big business and big money. Ordinary people on the street were being played for suckers. They willingly gave up their money to kill themselves. Social scientists have been telling us for generations, the problem is not tobacco, the problem is that people, for the most part, are very short sighted. If cigarettes killed us immediately, people could understand that they are poisonous. However, people have not been trained to see that a death after thirty or forty years of smoking was caused by cigarettes.

The same thing is happening today with adrenalin/endorphin rushes. People become addicted to this feeling of euphoria. To experience a high, they will watch exciting sports events, jump from aeroplanes, or ride a roller-coaster. They do not realise; these continual up-and-down cycles will make them sick and may eventually kill them.



Getting Smarter

Billions of people believe they are born with a certain amount of intelligence and there is nothing they can do to improve it. A person's intelligence is often taken into consideration when they apply for jobs or admission to universities. There are numerous companies which are in business of raising people's score on an IQ, SAT, ACT, or some other test. Parents often pay more than \$400 per hour for a tutor to help their child achieve a higher grade on one of these tests so they may be accepted by the university of their choice.

Where does intelligence come from? Our genes play a minor role in our intelligence. Most of our intelligence comes from our environment, what we are exposed to, especially in our childhood.

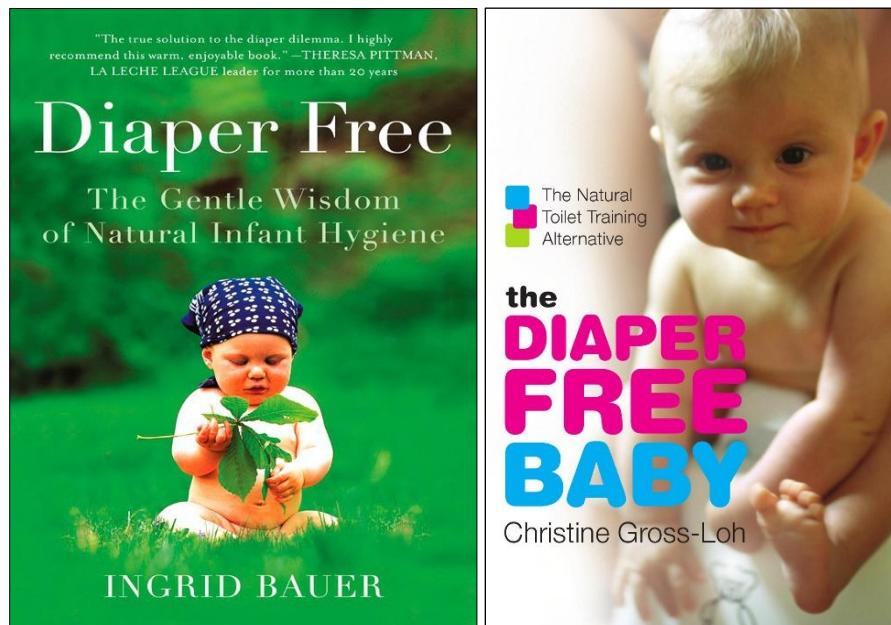
The BBC in England refused to air Sesame Street when it was offered to them; the show's educational methods conflicted with the UK's long history of quality educational television programmes for young children. In England, Sesame Street would have to be broadcast on an independent station. Sesame Street teaches children very little of value and impedes their ability to properly learn what they need to know in order to succeed in the school system and in real life. Children, while watching Sesame Street or cartoons, become very confused. At their age, they believe everything they see is real. They don't see a difference between a cartoon character and a living person. As they grow older, many become confused and afraid of the real world. They want to remain in a world of fantasy, and, because they know little about how life works, they tend to be gullible, easily scammed, and incapable of handling real-life problems. Not able to think rationally, they easily fall victim to fads, cults, and other scams, often following a rockstar or famous person as a groupie.

Many parents believe, if the child is sitting quietly in front of a television everything is fine. There are other parents who engage with their children by reading quietly to them, building things from blocks, doing puzzles, teaching them how to use pencils, crayons, and scissors. These children will also learn colours, numbers, and letters of the alphabet. They will be taken for walks in nature and exposed to quiet music such as Mozart, Bach or Vivaldi. There will be excursions to art galleries, zoos and museums. These children are taught to use all their senses: taste, touch, smell, hearing, and seeing.

It amazes me how many people have been brainwashed into thinking their pet poodle is smarter than their child. Dog owners easily house train their puppy in six weeks, or less, but take years to toilet train their child. Children in North America, on average, are potty trained by the age of four years. In 1940 potty training was accomplished by a year-and-a-half. Globally, the average age children are potty trained is one-year. Why the difference? In their books, *The Diaper-free Baby*, by Christine Gross-Loh, and, *Diaper Free*, by Ingrid Bauer, these authors reveal how easy it can be for a baby to be potty trained from the day they are born. Bauer states, "People are surprised to learn that my son stopped wearing diapers consistently when he was

four months old, and that my daughter almost never wore diapers from birth.” She continues, “I discovered that babies are, from birth, aware of their elimination needs. Amazingly, they can and do signal these needs, and will respond to signals from caregivers as well.”

Primitive societies have always communicated with their babies and had no need for diapers, even though naked babies were carried in a pouch against the mother’s bare skin. Babies do not like having pee or poop on them. Typically, a newborn will begin to pee and stop while it starts to cry. When the parent undoes the diaper, the baby will resume peeing. At this time, if the parent holds the baby over a potty, it will pee in the pot. Babies are easily taught that the pot is where one pees and poops, just as easily as a puppy is taught to do their business on a newspaper, and then out of doors. By six months of age babies should be crawling to the pot and motioning for someone to help them on to it.



Forty years ago, McDonalds was the biggest contributor to garbage landfills. Today, diapers have far surpassed McDonalds to become the biggest contributor ever, with billions of disposable diapers going into the garbage yearly. Having no diapers is good for baby, and good for our environment.

Priorities

Harlow Giles Unger, the well-respected educator, scholar, and author of over two-dozen books on history and education is telling us, it is not global warming we should be concerned about; it is our ignorance, along with our irresponsible and cavalier attitudes, which are pushing our civilization back into the Dark Ages when the “Hoi Polloi” were kept ignorant, immature, and stupid, as The Church, through their tyrannical nobility and the Spanish Inquisition, controlled the population by keeping them uneducated and in constant fear through the perpetual slaughter of millions of innocent men, women, and children.

Unger points out, today’s youth are ignorant and immature; more than half of American high school graduates are functionally illiterate, with many having reading skills at less than a grade three level. Most Americans know very little about history and science. Proven scientific facts are being taught in school as theories, and students are being told, many popular fairy tales and myths are true histories.

“Frankfort is one of the sixteen cities which have the distinction of being the place where the following incident occurred. Charlemagne, while chasing the Saxons (as HE said), or being chased by them (as THEY said), arrived at the bank of the river at dawn, in a fog. The enemy were either before him or behind him; but in any case, he wanted to get across, very badly.”

The above is a satirical quote from Mark Twain’s book, “A Tramp Abroad”. Our schools present their version of history as if it were all factual when it is no more than one side of the story and is often not even close to the truth. As Northrup Frye described it, “the written word is far more powerful than simply a reminder: it re-creates the past in the present, and gives us, not the familiar remembered thing, but the glittering intensity of the summoned-up hallucination.”

Many of the books which Harlow Unger suggests students should read are difficult to find in libraries, are seldom mentioned in magazines nor newspapers, and are difficult to obtain. At one time, Thomas Paine’s writings were studied in all American schools. Today, most students have never heard of Thomas Paine, nor Gerald Massey, Robert G. Ingersoll, John Locke, Robert Eisenman, Joseph Atwill, and Ralph Waldo Emerson, even though, many of these men, along with dozens of other freethinkers, have been instrumental in obtaining for us our freedom of thought and the few civil rights we have.

Our education system is not teaching students how to think and form their own opinions. Three-quarters of a century ago, educators like Northrop Frye were trying to change this. Frye tried to show that there is a big difference between true history and mythology. In his lecture, “The Educated Imagination”, Frye detailed how people usually do not think for themselves, they just go with the flow and follow convention. For decades, at the University of Toronto, Frye taught The Bible as literature. Frye was advised, he should avoid making comments that might lead the student toward or away from any position of what is called belief. Despite this, Frye

would tell his students, if there is any true history in the Bible, it is there by accident. And Frye presented facts to prove this statement.

The University of Alabama's official mission is to advance the intellectual and social condition of the people of Alabama through quality programs of teaching, research, and service. In practice, academics plays second fiddle to fun and games. Unger gives this example, a professor's salary is \$45 thousand US per year, while Nick Saban, this university's head football coach, has an annual salary of \$12 million US. The uniformed band, which performs at every football game, is costing this university more than \$1 million US each year. Where are the priorities?

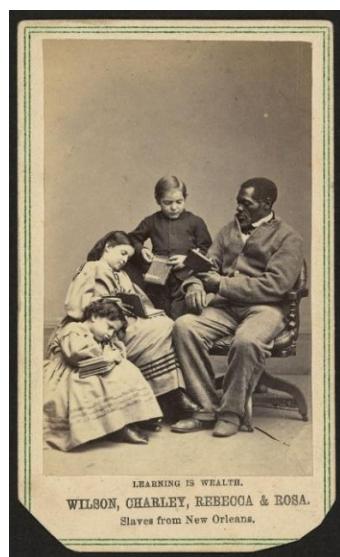
Unger, for more than fifty years, has written about how the standards of education in the USA are well below the standards in some other countries, and continually falling. He states, the USA is in a decline which is accelerating so quickly there is no hope for it to turn around. It seems that Joseph Stalin's prophecy that the USA will eventually rot, like a pear, from the inside out, seems to be coming to fruition. Which country will take over from the USA?



Twelve Million Dollar Coach, US Library of Congress



One Million Dollar Marching Band, US Library of Congress



Learning is Wealth, US Library of Congress

Freedom

“There is no such thing as alcoholism or an alcoholic.”

In this quote from his book, “Games People Play”, which has sold millions of copies in the last sixty years, Dr. Eric Berne explains, what we refer to as alcoholism is just a juvenile game, no different from many other games which people play when trying to have power over others.

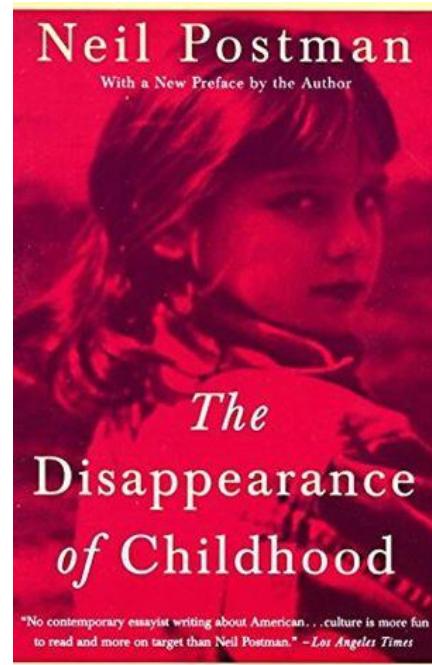
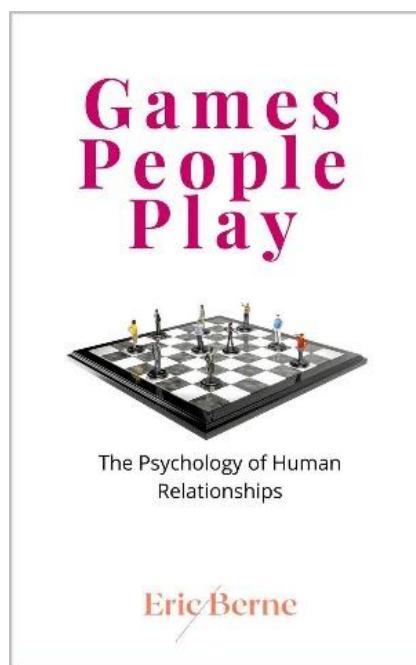
The title of Neil Postman’s book, “The Disappearance of Childhood”, is misleading, it is adulthood, which is disappearing, not childhood. We are no longer able to clearly distinguish any differences between children and most grownups. The modern electronic age has become the centre of society, and literacy has moved to the periphery of individual lives resulting in children who physically grow up but never mature enough mentally nor emotionally to warrant them to be referred to as adults.

The printing press gave access to education for the masses. It was reading and logical thinking which allowed commoners to obtain a degree of maturity. The characteristics associated with maturity are those that are either generated or amplified by the requirements of a fully literate culture: the capacity for self-restraint, a tolerance for delayed gratification, a sophisticated ability to think conceptually and sequentially, a preoccupation with both historical continuity and the future, a high valuation for reason and hierarchical order. True adults want freedom, and they understand, to gain freedom, they must be willing to accept responsibility for their actions and a determination to plan their own life.

Maturity is the ability to handle life’s problems. Immature people do not take their work seriously (if they work at all). In fact, they do not take anything in life seriously and do not accept responsibility. Immature people may have children but give them little nurturing. They have no traditions, have no foresight or serious plans, and they are fickle in religion, politics, and relationships with people. Having no mind of their own and no loyalty they will readily jump from person to person and group to group. Immature people never have serious or extended conversations, and under no circumstances do they allude to anything that is not familiar to an eight-year-old child. Their sense of humour is juvenile. They are never influenced by rational common sense or scientific evidence. However, they are easily manipulated through emotion and flattery. They will be philanthropic when this gives them a feeling of superiority.

Children tend to be slaves to their bodies. If they feel like eating candy, they will be determined to have it. A grownup who still has this slave mentality may become a voluntary slave to alcohol, caffeine, sugar or any other “addictive” substance or behaviour. Benjamin Franklin, in his autobiography, explains how any person may become a true adult and take charge of their own future. So did Thomas Paine and many other writers who, against many odds, decided to seek maturity and then tell their story about how they became a mature person who achieved what they wanted out of life by taking charge of their own destiny and accepting responsibility for their actions. Frederick Douglass, a black slave who obtained his freedom and became well educated, gave inspiration to thousands of people of all colours who wished for true freedom so they could begin taking full authority for and responsibility of running their own lives and planning their own futures.

Every person on earth comes from slavery. All of us have ancestors who were slaves. We are all equal in this respect, and nobody is superior to anyone else. We all come from the same place and the idea of class distinction has been fabricated by humans. We are ALL-ONE. However, the more recent a person has come from slavery, the more readily that person tends to be fearful of accepting freedom. Slaves never have to take any blame for what becomes of them. Most former slaves tend to voluntarily remain in slavery. They choose to not take responsibility for their own futures. Many will join the military, others will join a gang, a revolution, or a religious congregation. This compulsion to remain in slavery is not innate, it is learned behaviour passed on from parent to child. The child is made to feel a foreigner to freedom and responsibility. This is why they never mature enough to become a responsible adult. Reading serious books gave millions of slaves the knowledge and tools to move out of slavery and begin achieving what they want out of life. Those who refuse to read are no better off than those who cannot read.



SPEED KILLS

Sixty years ago, highway billboards warned drivers to “Slow Down and Live” because “Speed Kills”. Back then, for safety reasons, it was common to have reduced speed limits for trucks and reduced speed limits at night for all vehicles.

In the 1970’s, during the energy crisis, to decrease the consumption of fuel, the maximum speed limit in the USA was lowered to 55 miles per hour (mph) [88.5 kilometres per hour (kph)]. During that period, not only was the consumption of fuel decreased, traffic accidents and deaths on highways also drastically declined.

Reducing highway speed limits from 60 mph to 35 mph, doubles the life expectancy of tyres and reduces fuel consumption. Because of this, during World War 2, the maximum speed limit on USA highways was reduced to 35 mph (56 kph). Immediately, in the USA, deaths due to vehicle accidents fell by over 60%. Imagine driving across the USA at 35 mph. This would be a pleasant change; one would be able to enjoy a Sunday drive in the country without the fear of a deadly vehicle accident.

Today, despite our obsession with “Global Warming”, people are asking for higher speed limits which result in greater fuel consumption. With greater speeds we also have more injuries and deaths on the highways. Yet, most people will habitually drive 10% over the posted speed limit even though speed limits for cars and trucks have risen over the years to as high as 75 mph [121 kph].

Researchers at Cambridge University have shown that even little imperfections in the pavement result in much greater damage to roads, as well as to vehicles. This damage increases exponentially as speeds increase. Larger imperfections may show a 1000% increase in damage to the roads with only a 100% increase in speed. A large truck on the highway, travelling at a good speed, may literally fly off the road when it hits an imperfection on the pavement. When the truck falls back down to the pavement, its tyres act like heavy rubber mallets beating on the road.

Travelling on the Winnipeg Perimeter Highway one may experience a washboard type of surface while approaching a traffic light. This damage is caused by large, heavily loaded trucks, which will literally bounce along the road when drivers slam on the brakes while trying to stop for a red light which they were not prepared for. To prevent this, speeds have been reduced from 100 kph to 80 kph when a traffic light is just ahead. Most drivers do not reduce their speed. Many will try to sail through the intersection at 110 kph.

While standing on one of the Perimeter Highway overpasses, despite the gust of wind generated by a fully loaded gravel truck flying by, one may feel the bridge literally vibrate as the truck passes. Can we deny these trucks are causing serious damage to the pavement?

Common sense tells us, if speed limits on the Perimeter Highway are reduced, there would be a savings on fuel, less damage to the roads, less wear and tear on vehicles, and fewer accidents. Why do we not do this? Are we really concerned about safety and “Global Warming”, or do we just give lip-service? What if the maximum speed limit is reduced to 55 kph? How many billions of dollars, how much fuel, and how many lives, would be saved?

Semi-drivers are paid by the load or by the mile and not by the hour. Is this why we maintain high speed limits? Does this compensate for the billions of dollars we are spending on road repairs caused by heavy vehicles speeding along our highways?

Maybe it is time for our politicians to start being transparent about their true agendas. I give you the City of Winnipeg for example. They refuse to allow volunteers to install donated flashing warning lights which indicate there is a school zone ahead and the speed limit is reduced? Is the City only interested in increasing their revenue by issuing more traffic violations? It is time for politicians to quit trying to pull the wool over people's eyes and follow their professed agendas. Do we want to do something about safety as well as "Global Warming", or do we not?



Highway sign in Pennsylvania 1942

Lies Our Teachers Told Us

To pass an exam, students are told they must learn “facts”. However, nothing teachers present to students are facts. What is being taught are arguments made up of opinions and theories. In our world there are no facts. What we call facts today may be proven to be false tomorrow. Schools, however, are based on feeding “facts” to students and then having them regurgitate what they have been taught. This is how teachers evaluate students. If they did not do this, how could they assess students?

Author and educator, Neil Postman, suggests schools should tell the truth, that all “facts” are arguments. Postman suggests schools should have students do research to find evidence to prove or dispute “facts”. Students could be graded on their research and students would learn very valuable life lessons; one being, nothing can be referred to as fact and everything must be questioned. Students would go out into the world with a better ability to discern when people are telling the truth and when they are not. Students will get into the habits of questioning everything and researching the pros and cons of any argument. They would be less prone to be being taken advantage of by scammers.

For hundreds of years schools have taught, in 1492, Columbus discovered America, despite considerable contradictory evidence. Historians suggest 1492 was not the first time Columbus sailed to the Americas. Evidence indicates he sailed to Newfoundland in 1482 as a cabin boy on a Portuguese ship. There is evidence which indicates Columbus, on his 1492 voyage, had a Portuguese map which clearly showed where South America is situated. Apparently, this map was copied from a Chinese map. Historians tell us, in 1492, Columbus found people already living in the Americas, some of whom were speaking a Chinese dialect. Historians also tell us, Chinese sailing ships circumnavigated North and South America long before Europeans knew of these continents. Wrecks of Chinese ships, which date back over 500 years, have been found in California. Why are schools not teaching contradictory evidence about Columbus?

We see news which depicts Mother Teresa as a wonderful and charitable saint. Christopher Hitchens disagreed with this image. He painted Mother Teresa as being sadistic and demonic, he denounced her in his book, *The Missionary Position*. Mother Teresa’s supporters simply ignored Christopher Hitchens. They did not condemn his book nor bring libel charges against him. Why? What is the truth about Mother Teresa?

Because the Infallible Church accused Joan of Arc of being a heretic, they condemned her to be burned alive while tied to a wooden stake. For hundreds of years French citizens protested that her execution was unjust. To them, Joan of Arc was a hero who should be honoured. To silence the public outcry, the Infallible Church did a flip-flop, they acknowledged their mistake and canonised Joan of Arc as a saint. Which of the popes was infallible, the one who condemned Joan of Arc to death or the one who made her a saint? Or maybe neither one was?

When John Diefenbaker, Prime Minister of Canada, presented his newly created bill of rights to Canada he stated, "I am Canadian, a free Canadian,

During the 1970 October Crisis Prime Minister Pierre Trudeau demonstrated to Canadians that Canadians rights are not guaranteed, and our bill of rights is valueless, not worth the paper it is written on.

The Canadian bill of rights acknowledges the supremacy of God in its very first sentence, despite the common knowledge that more than half the world's population either have no belief in God, or they question the existence of God, which cannot be proven nor disproven.

Many Canadians do not believe in God. Why then should Canada declare that God has supremacy over all Canadians? Is this not an insult to atheists, agnostics, and anyone whose religion does not include God? Rather than teaching students that God has supremacy, let teachers ask students to do some research and find out why this statement was written into our bill of rights in the first place, and ask students if they believe God should be removed from our bill of rights.

It is time for schools to begin teaching and encouraging our children how to think and begin questioning what they are being taught.

War

History tells us, countries grow and prosper through trade, by purchasing goods from, and selling goods to, other countries. Trade is so important to the national economy; historically nations have gone to war over trade rights, often conquering other nations and forcing them to provide cheap and guaranteed goods. Often, the general population of conquered nations would be enslaved and used as forced labour.

It was England's hampering the American Colonies' ability to trade which triggered these colonies to declare their independence from England and form The United States of America. England was continually at war, and England expected their colonies to, not only participate in English wars, but also, through taxes, to help pay for wars. England also demanded colonies place trade embargoes on England's enemies.

Thomas Paine declared that the colonies, by refusing to trade with any country was akin to shooting themselves in the foot; they were doing more harm to themselves than to England's enemy. He asked why England's enemy should be their enemy. He also noted, England was, and always had been, very fickle when it comes to war. Their enemy today could be their ally tomorrow. When it took weeks and possibly months to get news from England, the colonies were never up to date with England's current list of friends and enemies.

Thomas Paine recommended the American Colonies should be neutral, refusing to go to war with any nation. This way they could trade with all nations and bargain with different nations for better trade relations. Switzerland has had a policy of neutrality since 1515, and in 1815, through the Treaty of Paris, officially became a neutral nation. Thomas Paine intended to follow Switzerland's example, believing, war costs money as well as lives, while trade makes money. Also, neutrality brings the gift of peace.

Thomas Paine recommended the USA should also follow Switzerland's example of a democracy where issues are decided by having a plebiscite with all citizens having the right to vote. As we have experienced, having elected representatives decide major issues is not a democracy. A majority government is a pseudo-democracy, a dictatorship for the duration of their term. They can pass any law they wish. Justin Trudeau's treatment of SNC Lavalin is an example of a dictatorship. He easily passed a new retroactive law, resulting in criminals legally getting away scot-free.

When I was a child, my father advised me to never step between a husband and wife when they are feuding, telling me I would end up as the common enemy. Stand back and let them fight was his advice. History tells us this is also true with warring nations. When two nations are at war, another country which takes sides ends up not only making an enemy, but also losing a trading partner. Often, by intervening, a nation is drawn into the feud and is compelled to go to war.

Is there much difference between the war between Russia and Ukraine and the wars the USA had with Korea, Vietnam, and Iraq? Independence is the common issue. The USA has been constantly an imperialistic nation, and they now have the audacity to condemn Russia for doing the same thing. Is this a case of the kettle calling the frying pan black?

People and nations commonly have the attitude, everything I do is just and right, anything you do is bad and unjust, and there are two opinions in this world, my opinion, and the wrong opinion. These nations are playing a very serious game, a game which is played for keeps.

The definition of a cohesive nation is a group held together by hatred of a common enemy. If we take away the enemy, the citizens of that nation will disperse and become a group of individuals with individual thoughts, ideas, and opinions.

Rulers of people have long realised; by creating a common enemy, they can unite the populace and easily control them like a flock of sheep. Rulers call for tolerance, with the hidden agenda of suppressing the people. Some groups are given special status and privileges. This, however, is pseudo-tolerance which tends to stir up resentment and hatred. True tolerance begins with tolerance of the truth. There can be no tolerance until there is first a full understanding of what is tolerated. Ignorance, suppression, silence, collusion ... those are not tolerance, tolerance stems from freedom of speech and open discussion.

When people come to understand, we are no different from others, we are All-One, that is when we will begin to have tolerance. If we do not segregate into groups and we remain as individuals, there can be no common enemy, there will be no justification for war, and we will have peace and prosperity.

Someone's Tale

Sometimes interesting people will tell you about their experiences. In a quiet beer parlour, one fellow told me his story. I am transcribing from a recording.

In the 1960's, it was much easier to be homeless. There were no surveillance cameras to look out for and if you were cautious about railroad cops, you could easily catch a ride on a freight train. Most apartment blocks did not lock their entrance doors; one could sneak in and safely sleep out of sight under the stairway. Many places were staffed 24 hours a day and their doors were never locked. In winter a kindly engineer might offer you a cup of coffee in front of his boiler.

One engineer I had befriended welcomed my company during the off-hours. On cold winter nights, I would put my feet up to the boiler and think to myself, this is the job for me. This engineer boasted about having the cleanest fire while burning Bunker C oil, which is basically black tar. Wearing a pair of green welding glasses, I would view his flame which was too bright to even glance at without a dark lens. His flame was like a miniature sun, having a brilliant white ball at the centre which was surrounded by a yellow halo. Most firemen, he stated, have dirty fires because they are too lazy and too sloppy. I agreed, I had seen some other fires which had a yellow centre and black soot swirling around an orange halo.

Smiling, this engineer would state, "I can tell what someone's flame looks like just by observing them and where they live. If they are neat and clean and their house and yard are the same, I know their flame will be clean. Anyone who has pride in themselves has pride in everything."

I proposed, if someone wrote up standard operating procedures, maybe everyone could learn to have a clean fire. I suggested, dirty fires result from ignorance, not laziness. Learning how to have a clean fire, I proposed, could influence a person's other habits, possibly resulting in more neat and tidy behaviours.

I had a bothered mind when I put my head down in an all-night laundromat, and I could not sleep. I was worrying about the choice I knew I had to make. I could carry on as I had been doing, or I could get off my fat-butt and change my life.

I began studying and when I got my Fourth-Class Operating Engineer license, I had no trouble getting a job at Winnipeg Hydro where I operated coal-fired, Bunker C burning, and electric boilers.

In 1971, I began working at Carnation Foods in Carberry, Manitoba. Besides having a First-Class boiler room, this plant had the largest refrigeration plant in Manitoba. When I suggested to the chief engineer, we should have standard operating procedures, he plainly stated, "If you want them, you can write them." And so, I did.

Most plants in Manitoba had the same shift schedule, working 6 and 7 shifts in a row with no overtime. The Manitoba labour code stated any hours over 8 hours a day or 40 hours a week must be paid at overtime rates. For example, when working 7-night shifts in a row, 2 of the shifts fell in one week and the other 5 fell in the

following week, and there was no overtime. When I suggested we should work 12-hour shifts so we could have more days off, everyone told me this would be impossible; it was against government regulations and the union would never agree to it. They did not understand, the word impossible is not in my vocabulary.

It was always taken for granted that Monday is the first day of the week but, in Canada, Sunday is the official first day of the week. This meant, for years, we had been working 48 hours in one week out of every four, with no overtime pay. Although it contravened the labour code, we, along with the department of labour, the union, and the company, agreed, we would not be paid retroactive overtime due to ignorance of Canadian law, and, we would have our 12-hour shift schedule which averages out to 40 hours per week.

After a few years, I left Carnation Foods and started on my vagabond life of going from powerhouse to powerhouse preaching my gospel of 12-hour shifts and standard operating procedures.

In my spare time, I have always written stories, and I've had a few things published. In 2016, I graduated from university with a BA in English. My intention was to hone my skills so I could write better stories. Could I ever write like Robert G. Ingersol, Richard Dawkins or Mark Twain? Why not? After all, there is no such thing as impossible.

Traditional Shift in Manitoba							
Monday is the first day of the week.							
Mon	Tue	Wed	Thur	Fri	Sat	Sun	Hours
A			D	D	D	D	40
D	D	D			N	N	40
N	N	N	N	N			40
		A	A	A	A	A	40

Traditional Shift with Official Week in Canada							
Sunday is the first day of the week.							
Sun	Mon	Tue	Wed	Thur	Fri	Sat	Hours
D	D	D	D				40
N	N	N	N	N	N	N	48
			A	A	A	A	32
A	A			D	D	D	40

N = Midnight to 8:00 AM, D = 8:00 AM to 4:00 PM, A = 4:00 PM to Midnight

New 12-Hour Shift							
Averages 40 Hours per Week							
Mon	Tue	Wed	Thur	Fri	Sat	Sun	Hours
D	D	D	D				48
				N	N	N	36
N					D	D	36
	N	N	N				36
D	D	D	D				48
				N	N	N	36
N				D	D	D	48
	N	N	N				36
D	D	D	D				48
				N	N	N	36
N					D	D	36
	N	N	N				36

N = 7:00 PM to 7:00 AM, D = 7:00 AM to 7:00 PM

Peace

What if there was a war and nobody came?

Andrew Carnegie understood, adults do not go to war, children do. He believed, if common people became educated on how to take charge of their own lives and plan their own futures, they would no longer need a parent figure to tell them what to do; they could mature into adults with sense enough not to go to war. Carnegie realised, to educate the masses would take years, probably generations. Nevertheless, he began his project by spending millions of dollars building “Free for All” libraries around the world and filling these libraries with books by insightful thinkers such as Thomas Paine, Benjamin Franklin, Robert G. Ingersoll, Gerald Massey, Charles Chiniquy, Charles Darwin, and others, including his friend, Samuel Clemens. Carnegie believed, if properly enlightened, one day the masses will WAKE UP AND LIVE. It is only then, they will no longer be childish slaves to despotic leaders, and everyone will be able to live in peace and harmony.

At the beginning of the 20th century, Andrew Carnegie could plainly see that Europe was heading towards a major war and he tried his best to prevent this from happening. Being the wealthiest person in the world, kings, emperors, and other world leaders listened to what Carnegie had to say, but he could not convince these heads of state to maintain peace. They had been playing with tin soldiers for years and now they wanted to experience the real thing.

The assassination of Archduke Franz Ferdinand, the heir to the Austro-Hungarian Empire, was the excuse for igniting World War 1 which was predominantly a family matter involving the eldest grandchild of England’s Queen Victoria, Kaiser Wilhelm II of Germany, his first cousin, King George V of England, and another cousin, Czar Nicholas II of Russia. For years, all three had been building up armies and navies in anticipation of war. The battles would take place on foreign turf where the monarchs, acting like football team owners, could control their players from a safe distance. In the hope that the Kaiser’s greed was a bigger vice than his vanity, Carnegie offered him eleven-million British pounds if he did not go to war. The Kaiser did not reply.

As the war continued, dissent amongst the Commoners grew. Millions were being slaughtered on Flanders Fields while financiers and armament manufacturers were laughing all the way to the bank and nations were going bankrupt. To distance himself from his German roots and his German relatives, King George V changed the name of the British royal family from Saxe-Coburg-Gotha to Windsor. The German people’s love for the Kaiser was turning to hate. The Kaiser, fearing for his life, fled from angry and rioting mobs into the Netherlands. The Czar was not so lucky, he was apprehended by revolutionists and assassinated in July 1918. However, after his death, the Czar was immortalised for doing God’s work. The Church canonised him as Saint Nicholas the Passion-Bearer.

During the French Revolution, after the aristocrats and the clergy were either beheaded or banished from France, the people had the opportunity to form a true democratic republic, a government of the people, by the people, and for the people. However, these citizens eagerly gave up their freedom to Napoleon Bonaparte, even though Napoleon had welcomed the people’s former oppressors, The Church, and the French Aristocracy, back into France. At Napoleon’s coronation, Pope Pius VII presented the crown to Napoleon who placed it on his own head. This

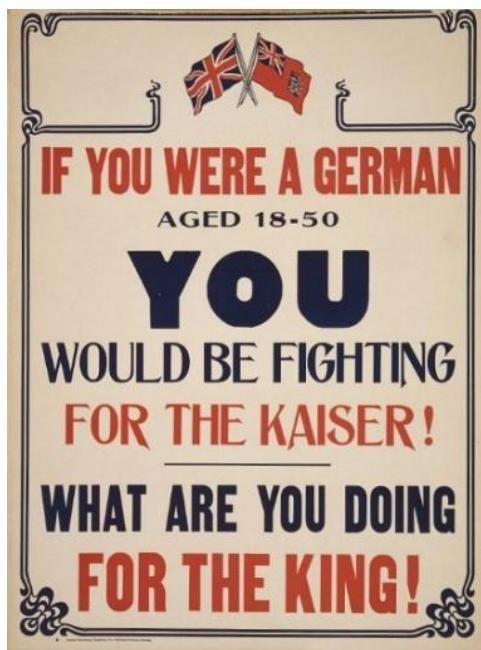
was a symbolic gesture indicating that Napoleon is above the Pope and the Pope answers to Napoleon. This is why Napoleon is sometimes referred to as the last Holy Roman Emperor.

In Germany, after the Kaiser fled, the German population eventually gave control of their lives to a new saviour, their Führer (Father), Adolf Hitler.

Like children, the masses like to make-believe they are a king or emperor playing a watered-down game of war while sitting in the grandstands, arena, or safely at home watching television. Like real war, hockey, football, and boxing are true blood sports, and the more blood the better, as long as it's someone else's blood.

“We become what we think about.” and “We reap what we sow.” These are two of Nature’s Universal Laws which Andrew Carnegie well understood. He explained, this is why, since the beginning of recorded history, there has been one war after another. War has always been the predominant thought on people’s minds. Politicians who are motivated by money and power continually talk about fighting. We are not told that all citizens of the world are the same, All-One. They keep on telling us we are different from our neighbours; we are the good guys, and they are the bad ones.

What if there was a war and nobody came?



British First World War Poster

An Ounce of Prevention

To prevent living a disastrous life, the best prophylactic is to know thyself.

While incarcerated in a German concentration camp, the psychiatrist, Viktor Frankl, came to realise, he, and he alone, had control of himself. Any control the guards had over him was just an illusion. When a guard pointed a gun, the decision to obey or not to obey was Viktor Frankl's. Frankl chose to treat the guard with respect as a fellow human being and, in return, the guard treated him with respect. By keeping his Adult in charge, Frankl survived long enough for the camp to be liberated.

Frankl had discovered the principles of Transactional Analysis which are nothing new. They are known throughout the world, yet the average person in Canada is not aware them. Gerald Massey and Northrop Frye found these principles in eight-thousand-year-old literature. Benjamin Franklin mentioned them in his writings. They are mentioned in Shakespeare's plays and some popular literature such as *To Kill a Mockingbird*, *Huckleberry Finn*, *Leaven of Malice*, *The Wizard of Oz*, and *Elmer Gantry*. These principles have always been there for everyone to see and read about. However, few libraries have books which describe what Transactional Analysis is and how it works. The term Transactional Analysis never appears in newspapers nor magazines. Why? For one thing, Transactional Analysis is bad for business. If people knew about it, possibly, they would change their lives. They may not be so easily fooled and manipulated, and they may not be such good consumers who buy what they do not need with money they do not have.

Jutsin Meininger, in his book, *Success Through Transactional Analysis*, clearly states how you, and only you, are responsible for your thoughts, your emotions, and your behaviour. This is what Viktor Frankl tells us in his book, *Man's Search for Meaning*. If we are not looking for it, we will never find Transactional Analysis. And, if we do not know it exists, how then will we be looking for it?

Meininger writes about how our justice system promotes the fallacy that we cannot control our thoughts, our emotions, nor our actions. The truth is, declaring we are not responsible because our unconscious mind took control of our feelings and actions is a sophisticated cop-out and a loophole frequently used by lawyers. Psychiatrists such as Eric Berne and Robert Goulding describe how some lawyers will flip-flop on their opinions about a plea of insanity depending on if this lawyer is arguing for the prosecution or the defence.

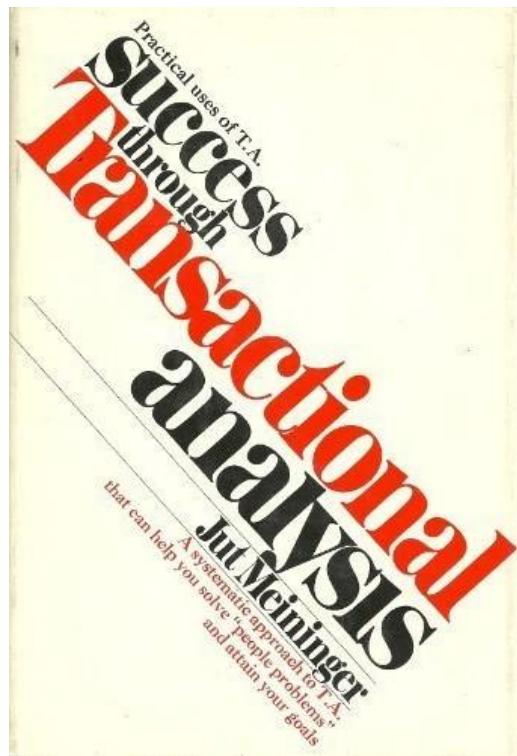
David Russell Williams, a typical serial rapist and murderer, was a colonel in the Royal Canadian Air Force. He presented his respectable Adult during the daytime but let out his mischievous Child after the sun went down. He is not insane. He is an arrogant man who thought he could get away with it, a true chameleon who fooled everyone. Transactional Analysis teaches a person to not judge a book by its cover and how to spot a chameleon.

The truth is, every one of us has full control of our own life. We are continually being told that the world makes me feel good, or bad, or sad, or angry or whatever. This, however, is not true. You, and only you, are responsible for your thoughts, your feelings, and your behaviour.

Meininger's books have sold in the millions, but usually not to ordinary people like you and me. These books are purchased and read by salesmen, economists, advertising and marketing

executives, evangelists, confidence men and women, politicians, and anyone else who wishes to know how to manipulate people into buying into what they have for sale. Through these books, they learn how to speak directly to the Child inside of you. The Child who lives in fear of anyone in authority, is easily bullied, and tries to get everyone to just have fun. Meininger's books teach how you can put your Adult in charge of your Child so you can make rational decisions by using common sense. You can learn how to take charge of yourself and to set the direction of your life. You will no longer need someone else to tell you what to do.

What would happen if our justice system was revamped so that the prosecution and the defence, rather than playing a game of war, started co-operating to get to Truth? Defenders would no longer be looking for loopholes in the laws, and prosecutors would no longer be withholding vital evidence. Everyone would be held accountable for their actions and juries would be given all the available evidence. Court cases would not be so prolonged. There would be no more cop-outs, and everyone would be able to have timely justice. Isn't this the way things are supposed to work?



Faithful Flocks, True Believers

"Why do Canadians insist upon having a pampered prince as their prime minister? Did Canadians not learn their lesson the first time around with the father? They then vote in the son, who, like his father, is a privileged and spoiled child who refuses to grow up and take responsibility for his actions."

Jack, a well-educated New Zealander, a former Rhodes scholar, who has studied and lectured all over the world, smiled as he posed this question to Frank, an Italian immigrant who has now lived in Canada for over sixty years. Jack was teasing Frank, whom, he knew, had voted for both the father and then the son.

Jack continued, "Trudeau can put across all he wants that he is '*one of us*', but, he was raised and educated to be a shepherd, while the average Canadian has been raised and educated to be one of the flock. Have you ever watched a shepherd, with help from his dogs, managing a flock of sheep? The shepherd never mingles with his flock, he is not one of them. With a snap of his fingers, and a few whistles to his dogs, the sheep are herded to form a pack, which is so tight, the dogs are able to jump onto the backs of the sheep and run across the flock with no danger of ever falling through a crack between the sheep."

I could clearly see where Jack was going with this. History teaches us, when people are living in servitude, to gain freedom, they must be separated from the flock for at least forty years, so that their offspring will have no memory of being part of a flock. If someone leaves the flock, they must look at themselves in a mirror. Most people doing this see what they wish themselves to be, and they ignore the true image. If they refuse to see what they really are, they will never change, they will never develop.

One hundred years after the American slaves were freed, they were still living in servitude; they were still second-class citizens living under Jim Crow laws. Former slaves kept living in sight of their oppressors, and they had daily reminders that they were deemed inferior. Rather than go their separate ways and learn how to manage their own individual lives, these former slaves, like many other slavish people, stuck together, seeking safety in numbers, safety in being part of a flock. Barbara Hillary tried to explain that the pastors, rather than helping to free people, have been part of the problem. She explained that when the slaves were freed, '*Numerically there were more blacks in most southern states than whites, so one of the first things that had to be done was to capture and control the mind ... The white slave master couldn't control all those slaves effectively, so we got the black clergyman--the lieutenant of racism.*' Many philosophers have written about an analogy between the shepherd and his dogs and the slave master working with his lieutenants.

Isaac Asimov, who was not only the world's most prolific author of science fiction, but also the author of many serious non-fiction books, noted that the world tends to pigeon-hole people into various flocks, designated by, colour, religion, race, et cetera. Asimov, despite never having a belief in any god, and never being part of a flock, was often referred to as a Jew. Is Judaism a race as well as a religion? If a race, how is it that we have black Ethiopian Jews as well as light-coloured red-headed Hungarian Jews? Asimov believed that the idea of race was invented by Man and, scientifically, all people are of the same race. A bean is a bean, whether it is red, green, purple, yellow, fat, skinny, long or stubby. People are like beans, they come in

different shapes, sizes and colours. This does not make one person superior or inferior to any others. Asimov believed, we must accept that people are different, but they are all the same, they are All-One. There is no such thing as race.

Asimov, despite his many successes, admitted he saw himself as a failure. Being a very poor immigrant to America, he managed to circumvent barriers to earn a PhD from Columbia University. He failed in his attempt to teach people, we are not born smart, we learn smart. He believed anybody could become as educated just as he had done. In the end, he came to believe the average person is too complacent and lazy to better themselves.

Is this true? Is a person on welfare or other guaranteed income too complacent to improve their situation?

Andrew Carnegie's Gift

When Andrew Carnegie was the wealthiest person in the world he built three libraries in Winnipeg. Throughout the world Carnegie built more than two thousand public libraries. He insisted his libraries were to be literally FREE FOR ALL; there would be no charges for services, and nobody would be denied service because of gender, age, race, ethnic origin, political-affiliation, religion, or colour. In the Deep South, where laws mandated all public buildings must be segregated, Carnegie was forced to bend his rules so he could provide libraries which provided free services to former slaves. Forty years after American slaves were granted their freedom, Carnegie's newly constructed library in Washington D.C. was the only building in that city where people of colour were allowed to share public washrooms with white people. It took another sixty years before other buildings began removing WHITE ONLY signs from their walls.

Carnegie was born into an impoverished family in Scotland. With no free education, Andrew Carnegie received only two years of schooling.

In the hope of bettering their lives, the Carnegies borrowed money and sailed to America with their two sons, Andrew and Thomas, where, at age twelve, Andrew was compelled to go to work to help support the household.

There were no free libraries and books were expensive in 1848 when the Carnegie family arrived in Allegany, Pennsylvania. Each Saturday, Andrew Carnegie visited a well-to-do gentleman who allowed working boys to borrow a book a week from his library. Carnegie devoured these books, and he began taking evening classes. As Carnegie increased his salary by developing new skills, he came to realise that knowledge is the key to success and happiness.

Carnegie befriended other eager learners, such as, future President Abraham Lincoln, future Chief Justice Oliver Wendell Holmes, Samuel Clemens (Mark Twain), and Robert Green Ingersoll. These individuals loved debating, often arguing for one side and then the other side of a question, displaying how there is no such thing as black and white, there are always pros and cons for any question. Carnegie believed, if people could see all sides of a disagreement, wars could be prevented. However, Justice Holmes pointed out, it is nearly impossible to reach equitable conciliation and justice, because MIGHT IS RIGHT, INFALLIBLE, IGNORANCE, and GREED, habitually shout-down REASON and LOGIC.

These young men studied history, science, mathematics, philosophy and theology. They also read Shakespeare, agreeing that Shakespeare's writings provide much food for thought. Under the threat of being beheaded for speaking out against the establishment, Shakespeare's truth is disguised as jocular fiction, and his characters are indecisive, having no definite opinions. Becoming adept at discovering hidden truths in Shakespeare, makes one more skillful at finding hidden truths in real life.

Carnegie and his friends did not believe in learning by rote, wolfing down knowledge and then regurgitating it. To them, people need to develop an ability to think, to reason. If one could think, one could live a life of value, solving all problems. Andrew Carnegie stated, "He that cannot reason is a fool. He that will not is a bigot. He that dare not is a slave."

These men were also prolific writers who described how people who do not think become vulnerable to charlatans who swindle the ignorant and gullible. Ingersoll wrote about how

children are taught what caste their family belongs to, resulting in some children being made to feel superior, and others being made to feel inferior. Society is dishonest when it tells us we do not have a caste system. Holmes noted, "We are all tattooed in our cradles with the beliefs of our tribe; the record may seem superficial, but it is indelible. You cannot educate a man wholly out of superstitious fears which were implanted in his imagination, no matter how utterly his reason may reject them." Holmes acknowledged that charlatans who exploit the masses are immoral and unethical, but they do not break any laws. The Law allows everyone the freedom to run their own lives, to make their own choices. The Law does not interfere if people volunteer to become slaves by allowing others to run their lives for them. That is their decision, and we all must live by our choices.

Do we have a caste system? When someone serves at a soup kitchen, do they feel smug? Do they feel superior? What about little children accepting the soup, do they feel inferior, worth less than their server, worthless? If children could drink from the fountain of knowledge, could they come to realise that caste is an invention of **MIGHT IS RIGHT**, that we are all equal, **ALL-ONE**, and nobody is worth more or less than anyone else? That is food for thought.



Fully Integrated Carnegie Library, Pittsburgh, Pennsylvania (1900)

Mind Your Own Business

We may not always get what we want, but we usually get what we are asking for. Philosophers, historians, lecturers and authors have been telling the world about this natural law for thousands of years. Socrates stated that people have been brainwashed into thinking their actions do not dictate their future. Many university students become anguished when, through their studies, they learn that society has been dishonest with them. They come to realise that their actions are speaking much louder than their words. We can plead as much as we want, we can have candlelight vigils, and prayer meetings, but, if our actions are contradictory, we will receive the contradiction. We will reap what we sow.

Bertolt Brecht, William Shakespeare, George Bernard Shaw, and Henrik Ibsen, encouraged their audiences to remove their blinders and look at themselves in a mirror to see exactly what they are asking for. The French Oligarchy were astonished that anyone would want to cut their heads off. They could not understand how, for years, through their actions, they had been provoking the peasants to revolt. Charles Dickens described how, to the privileged society, the revolution, *"was as if it were the only harvest ever known under the skies that had not been sown — as if nothing had ever been done, or omitted to be done, that had led to it."*

What are we asking for when we participate in "Healthy Competition"? Many people have been maimed and killed while participating in "Healthy Competition"? Were their actions asking for their outcome?

The Olympic Games began in Ancient Greece where, because slaves were taking care of business at home, male citizens were able to abandon their families and form all-male misogynist communities to promote their biggest industry, the conquest and enslavement of other nations. At puberty, boys joined one of these communities. Every day was spent studying and practising the arts of fighting, conquering, subjugating, and ruling other nations. Greek men held the first Olympic Games where competitions between communities were demonstrations of combat which often ended in death for the losers. Like a real war, females were not allowed anywhere near the games, and, like wild animals, all competitors were stark-naked.

Our modern society continues playing games of war while declaring them to be forms of "Healthy Competition". What effect does football and hockey have on our society? Wayne Gretzky is a hero, but, heroes are mythological creatures. In real life, for every hero created, we have thousands of sacrificial sheep, most of whom are skinned off at a very young age. Many of the others linger on the sidelines, wishing and hoping to obtain a few minutes of fame. These foot soldiers sharpen their skills at being protectors, enforcers and goons, and they usually end up in early graves. Myths are created by deceptive promotion, charlatans, and swindlers. Money and power are the usual motives.

In a type of antinominalism, hockey teaches young boys that nothing is sacred. Hockey creates bullies and teaches our young boys that winning is more important than co-operating, and getting along with others. Hockey teaches our boys to handle life's problems with anger, rage, and retaliation.

We have created a society of competitors who often believe that the best defence is offense. We see this in politicians, who, rather than doing something about weeds in their own

gardens, will run around the world pointing out weeds in other gardens. Why are we going to the Ukraine and to Québec demanding justice when we have wrongs in our own back yard? What if we divorced ourselves from NATO and brought our troops home? Could they not help Canada with monitoring our own borders, helping to police our communities, fighting forest fires, and helping in pandemics?

Over one-hundred years ago, the learned historian, John Richard Green, detailed how, from the beginning of written history, we have been living in endless war and retaliation. Aggression has been part of our society for so long, it has become ingrained to the point it is now invisible to most of the population. Green advised that we must turn from the adulation of warriors and the bedizened glory of martial strife to the majesty of the common people and to the more glorious victories of peace. Green could clearly see that war mongering and competition breed deep-seated aggressions which build up to explode in harmful ways. Green suggested that we must change our attitudes to convert from a society of aggression to a society of friendliness and co-operation. Was he on a healthier track?



Football in the 1920's

Flip-Flop

History tells us about Canada committing horrible atrocities, including, enslavement, imprisonment, and slaughter of innocent people. Canada apologises, making the excuse, this was at a time when all nations were doing the same. Former Canadian Prime Minister, John Diefenbaker, promoted a dream, One Canada, One Canadian. All Canadians would be treated equally. There would be no special treatment or maltreatment. Canadians would be All-One.

Seventy-three years ago, Lucien Vinet predicted, when the cabal which Pierre Trudeau belonged to came to power, Québec would be classified as distinct from Canada, effectively killing Diefenbaker's dream, and setting a master plan into motion. In 1949, Vinet stated, this clique's agenda is to instigate an out-and-out war between newly formed NATO and Russia. He advised, this cabal's "systems should be thoroughly studied by all citizens and their doctrines and aims widely exposed." However, he was optimistic, declaring, "Truth can yet save the world." Pierre Trudeau is dead, but the cabal lives on, and, when this war begins, like his father before him, Justin Trudeau will be safely standing on the sidelines as a spectator. It is always the common people who suffer. If this war proceeds as planned, it will then be quite apparent why Québec, to be renamed Laurentia, is distinct from Canada.

Refusing to fight England's war, Pierre Trudeau remained in North America while Canadians were engaged in World War Two. Today, Justin Trudeau is prancing around Europe preaching retaliation and stirring up the pot. He is provoking Russia. Mark my words, just like his father before him, when things become too hot in Europe, Justin Trudeau, this Iago, will come running back to Canada with his tail between his legs. He is playing Canadians for fools.

Things have flip-flopped; during the First World War, Canada and Russia were allies fighting Germans. Canada accused Ukrainian Canadians of being enemy aliens, and thousands were forced into slave labour camps. Canada interned women, children, and elderly, along with able-bodied men. These camps were literally built and maintained by inmates who lived in tents until they were able to construct huts. Not everyone survived, some were shot while trying to escape, others died of disease and poor living conditions.

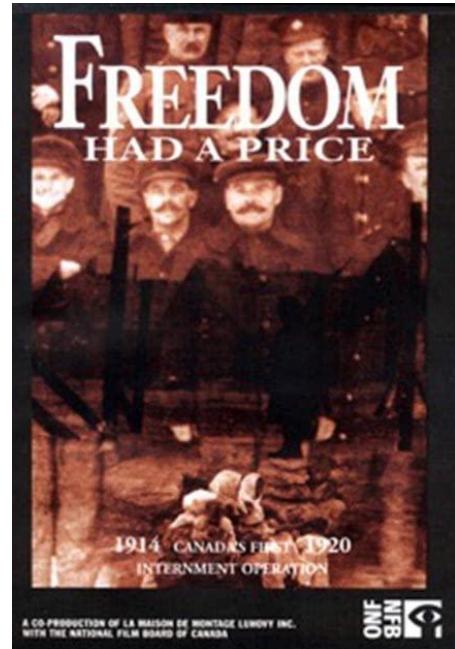
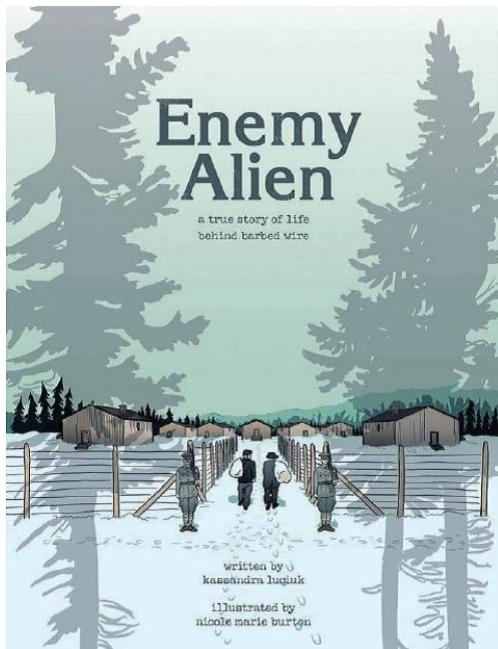
Canada's National Film Board produced a documentary, *Freedom had a Price*, which describes these camps. Kassandra Luciuk's *Enemy Alien* is a beautifully illustrated graphic history detailing the everyday struggles of the internees in one of these camps. She describes forced labour, exploitation, abuse from guards, and malnutrition.

Canada has a history of discrimination, injustices, and oppression. Reconciliation has never been achieved. Why does Canada smugly point fingers at other nations and demand they do justice? How many Canadians who are against the Russian invasion of Ukraine have taken the time to find out the whole truth?

What does the average Canadian know about Canada's history? How many have studied the Doctrines of Discovery which authorised the enslavement and extermination of literally hundreds of millions of people? Are they aware that these loathsome proclamations are still accepted as valid by International Law? Do they know about the Expulsion of 1755, or the expropriation and forced evacuation of millions of acres of land? Have they studied about bounties paid for "Indian" scalps, and the forced enslavement of millions?

Canada supported George Bush when he ordered an attack on Iraq, a sovereign country which had previously received military aid from USA. This was an illegal and immoral war, but that was not how Americans and Canadians described it. There were no embargoes against USA as there are against Russia today. USA Secretary of State gave phony evidence to the United Nations. The New York Times, The New Yorker, and Canadian newspapers published stories about how Saddam Hussein had weapons of mass destruction. After years of killing innocent civilians, USA apologised for starting an unjust war. There never were any weapons of mass destruction, and Iraq had never been a threat to the USA.

Rather than taking sides and stirring up trouble, let's bring our troops home and address the wrongs we have done, and are still doing. Can we just give Peace a chance? Maybe a war can be prevented, and, possibly, we could resurrect Diefenbaker's dream. One Canada, One Canadian.



My Saviour Watches Over Me

When I was a child, I had the habit of looking up to see my benevolent saviour kindly watching over me as I quietly rebelled against my superiors. Andrew Carnegie, from high above, had a perfect view of me as I secretly read books on the mezzanine floor of the William Avenue library.

Carnegie, in his writings, advised we should question everything, because Convention is usually wrong. He wrote, if Convention proclaims something to be good, it is often bad, and, if Convention proclaims something to be bad, it is often good. In his autobiography, Carnegie gave his secret for amassing great wealth. He turned garbage into gold. He revealed that what Convention frequently tells us is dross, is often gold, and, what Convention tells us is gold, often turns out to be dross. Because most people do not understand the difference between price and value, Carnegie could easily convince people to give him what they were discarding, which he processed and sold at a profit. Carnegie believed the reason he could do this was because most people have eyes but refuse to see, they have ears but refuse to hear, and they have intelligence but refuse to reason. He could see value where others only saw trash.

At school, when I was twelve, once per week, my class spent one hour in the school library where we read books. One area of the library had none-circulating books, including an "Everyman's Library" collection of classic literature. Perusing through this collection, I came across *Crime and Punishment*. As I started reading, I became enthralled. This is a psychological novel revealing a common man's inner struggles. Because this was a non-circulating book, I could only read it once a week when my class was in the library. After several weeks of reading this book, the librarian approached me and asked to see what I had in my hands. She left the library, coming back with the principal to witness what book I had. The following week, I discovered the "Everyman's Library" collection of books had vanished. The librarian told me to find a book more appropriate for my age.

The librarians at the public libraries had the same attitude, children were not allowed to read or take out any "Adult" books. Luckily, I was very familiar with the Carnegie library on William Avenue, where, adjacent to the elevator, there was a narrow stairway leading up to the mezzanine where shelves held a collection of unused books.

Furtively, I went into the adult section of the library where I quickly located a copy of *Crime and Punishment*. Quietly, I snuck up the stairs to the mezzanine, which, besides having no chairs to sit on, was poorly lit. I would sit on the floor, out of sight of the librarians, while quietly reading. I admit I felt somewhat guilty about what I was doing. However, when I looked up to see an oil painting of this library's benefactor hanging above the library's front doors, all feelings of guilt and remorse vanished. I was certain Andrew Carnegie was gazing down upon me with a smile of approval. At twelve years of age, Carnegie was not only reading "Adult" books, he was out in the working world making his own living. I was certain he was happy to see me reading the type of books he had been reading at my age.

Evidently, the books on the mezzanine were being passively censored. They had never been indexed and given a Dewey Decimal sticker. Besides a copy of Andrew Carnegie's autobiography, I discovered a treasure trove of thought-provoking books by Robert Green Ingersoll, Edward Podolsky, Alvin Boyd Kuhn, Mark Twain, Maria Monk, Charles Chiniquy,

Gerald Massey, and others, including books written by psychiatrists: Carl Jung, Sigmund Freud, Harry Stack Sullivan, Karen Horney, Alfred Adler, and Eric Fromm.

Earl Nightingale stated, "We become what we think about." He suggested we can change our life by changing our attitude, and he advised reading the type of "Adult" books I enjoyed. In his autobiography, Benjamin Franklin explains how, by embarking on an educational journey, people may easily prevent traumatic childhood events from affecting the course of their life. He stated we could all become masters of our own fate. Strangely, most people avoid reading any serious instructive books such as Franklin's tale about his life. They prefer literature which entertains, has predictable plots, and little food for thought. That is something to ponder.



Andrew Carnegie, Artist Unknown 1905

Silly Religion, Silly Beliefs?



I thought I could no longer be surprised at the appearance of people, but I burst out laughing when I saw an attractive young lady wearing a stainless-steel colander on her head while sitting and quietly reading a book. She was nonplussed as she looked up at me when I greeted her, "Good Morning." I had a second surprise when I saw what she was reading, *The New World Order*; a serious treatise on war and peace, written by H.G. Wells eighty years ago.

At least two of Wells' novels, *The Invisible Man* and *The Time Machine*, were bestsellers which were made into movies. Today, Wells' serious non-fiction is relatively unknown. In his day, Wells was accused of being a subversive because he preached equality of all people and that everyone should be educated enough to think for themselves and not be waiting for orders from their "superiors". Wells pointed out that kings are not placed on their thrones by some god, but by their own muscle and treachery. Democracies proclaim equality, but most people are undereducated and made to feel like inferiors who must worship aristocracy and celebrities as if they were gods. Quite commonly, when people are obsequious to "our betters", including royalty, clergy, and celebrities, they try to balance the scales by searching for anyone they can feel superior to, smug about, and contemptuous of, which only leads to stereotyping, bigotry, and racism. Wells pulled himself up from a family of impoverished commoners to become a wealthy gentleman who hobnobbed with the upper class, including royalty. Wells read, studied, and educated himself while questioning accepted beliefs, abandoning any he viewed to be fairy tales.

Despite the strange headgear, by her reading such a profound, thought-provoking book, I was curious to know what this girl's views on philosophy were. Cautiously, I requested, "I beg your pardon Miss, may I ask you a question?"

Looking up, she stated, “You are wondering why I’m wearing a spaghetti strainer on my head. Well, it’s because I’m a Pastafarian, that’s why.”

“Actually, I wanted to ask if you like that book.”

“I was enjoying it”, she replied, “until some silly old man interrupted me.”

Embarrassed, I turned away. But I couldn’t help wondering about the colander. I soon discovered, in some countries, The Church of the Flying Spaghetti Monster, known as Pastafarianism, has been recognised as a religion. Several jurisdictions have issued driving licences with pictures of Pastafarians wearing their pasta strainer. In some other places, Pastafarianism has been denied religious status, even though no court has been able to prove that Pastafarianism is less legitimate than any other religion. There is no proof that any form of gods exists, or do not exist, including the Flying Spaghetti Monster. People have declared that no sane person would believe in a Flying Spaghetti Monster. Pastafarians counter; if that is the case, then, no sane person would believe in anything which our senses cannot detect; declaring, most of our systems of belief rest upon rotten foundations, and generally these foundations are made sacred to preserve them from attack. They become dogmas in a sort of holy of holies.

The Internet is my only source of information about Pastafarianism. I wondered why I did not remember The Winnipeg Free Press reporting about this strange international religion. Is it possible that the Free Press is a free press in name only? H. G. Wells stated newspapers refuse to clash with any beliefs held by their advertisers and readers, normally printing only propaganda and inane entertainment.

To dismiss Pastafarianism would compel me to dismiss most religions. Some religions, including Buddhism, do not have a god. With the proliferation of books and documentaries showing that our religions grew out of ancient mythology, more and more people are becoming “non-believers”. However, many, after giving up their belief in gods, but influenced by friends and family, continue to follow their religious traditions, declaring they are secular, Secular Jews, Secular Christians, Secular Moslems, et cetera.

Pastafarians ask, does it matter if anyone believes in Thor, God, Allah, Poseidon, the Flying Spaghetti Monster, or no god at all? It is not possible to prove or disprove any religious belief. Meanwhile, around the World, Pastafarians are in court demanding legal recognition, which is giving us much food for thought.

The Art of Negotiation (Part 1, Reason)

If I find one of my friends is in a physical fight with another man, and I hand my friend a knife which he uses to kill his opponent, Canadian law will find me partially to blame for that man's death. I had supplied the weapon. Does this law extend to international fights? If two countries are at war and I supply weapons to one of them, would I be partially to blame for the death and destruction those weapons cause? That depends on who wins the war. Historically, International Justice considers "Might to be Right".

For thousands of years, we, as individuals, have been described as a trinity, commonly described as "Mind", "Body", and "Soul". The noted psychiatrist, Eric Berne, in his book, "Games People Play", refers to this trinity as "Child", "Adult", and "Parent". "Parent" does the worrying, trying to look for everything that could go wrong. "Adult" thinks rationally and makes decisions based on logic. "Child" is out to have fun with no consideration for tomorrow and no regrets for yesterday. If someone receives a large windfall, "Parent" worries about being robbed or spending the money foolishly. "Adult" will try to be practical, suggesting investing the money or paying down a debt. "Child" wants to have fun, possibly proposing a party with beer, chicken, and pizza. Some of your "friends" will advise you to hand the money over to them to be safely looked after. Remember, not making a decision, IS a decision.

"Child" is influenced by promises of pleasure, "Adult" by reason, and "Parent" through fear. Most people have a well-developed "Child" and an under-developed "Adult". Politicians appeal to "Parent's" fears and "Child's" self-centredness. Politicians have learned how to manipulate "Child" and "Parent" through promises of fun, and fear of things that may happen. Politicians usually ignore "Adult", while offering bread to "Parent" to satisfy fears of going hungry, and circuses to "Child", to satisfy desires for amusement.

Schools, in general, develop "Child" while stifling "Adult". Schools teach the art of war while ignoring the art of negotiation. War is a "Child" game while rational negotiation is an "Adult" activity. Many leaders are like Caesars and Napoleons, putting across that they are infallible gods. Andrew Jackson, the childish military "hero", was sometimes referred to as Saint Jackson, the defender of "Whites". Rather than negotiate conciliation, Jackson killed a man in a duel, putting on a display of how macho he was.

The United Nations originally had a mandate of negotiating peace and preventing war. However, the UN has a history of not negotiating but giving out threats of violence and repercussions for not complying with their demands.

The art of negotiation mandates, "Adult" must speak directly to "Adult". There can be no childish rampages like the ones which commonly occur in our House of Commons.

1. Each party must present, in writing, what their demands and requests are.
2. Each party, in turn, must verbally answer the most important question in any negotiation, "Why". Why do you believe you deserve that? Why do you think that is fair and just? They must justify all their requests, and while they are doing this, nobody is allowed to interrupt.
3. The second party must wait until the first party has defended all of their requests before they take their turn to do the same.

4. Each party, again with no interruptions, taking one of their opponents requests at a time, states why they do not agree with their opponent.

5. Each party, again with no interruptions, gives rebuttals to all items. All through this, the question "Why?" is always addressed. Why do you not agree? Why do you view this as unreasonable?

6. Rebuttals go back and forth for as long as it takes to come to some form of agreement.

Such negotiations, if carried out in an adult fashion, always end up with some form of give-and-take arrangement, as each party realises the unreasonableness of some of their requests and demands, and that some of their opponent's requests are legitimate. Items, one at a time, fall off the table, and the two parties eventually realise that their differences are not that great.

The big question of the day is, "How can we get adults voted into power, rather than children?" How do we get leaders who are willing to be reasonable, and negotiate in good faith? One suggestion is that voters need to make decisions through rational thought. These decisions must come from their "Adult", not their emotional "Child", or their fearful "Parent". That is food for thought.

The Art of Negotiation, Part 2: Scientific Reasoning

Richard Dawkins, in his book, "The Greatest Show on Earth", describes how the study of nature becomes increasingly fascinating the more we can understand it. Through our knowledge of natural laws, we have been able to develop all our modern conveniences: cars, televisions, computers, internet, comfortable housing, et cetera. The study of nature is revealing answers to questions which have baffled people for thousands of years. We now have answers about how we came to be the way we are, and how we can become what we want to be.

Scientists have discovered a gene in our DNA which is responsible for much of what we believe and how we behave. Because of this gene, as children, up to the age of five or six years of age, we believe as fact whatever we are told by our caregivers. These "facts" are imbedded in our subconscious brains. We often refer to them as being instinctual, because, as adults, we cannot remember our parents teaching us these "facts". This instinctual gene is meant to protect us from harm. If a goose tells its offspring to be afraid of foxes, the goslings will never question this belief and will be afraid of foxes for their entire lives. If the goslings did not have this gene, they may end up being eaten by a fox.

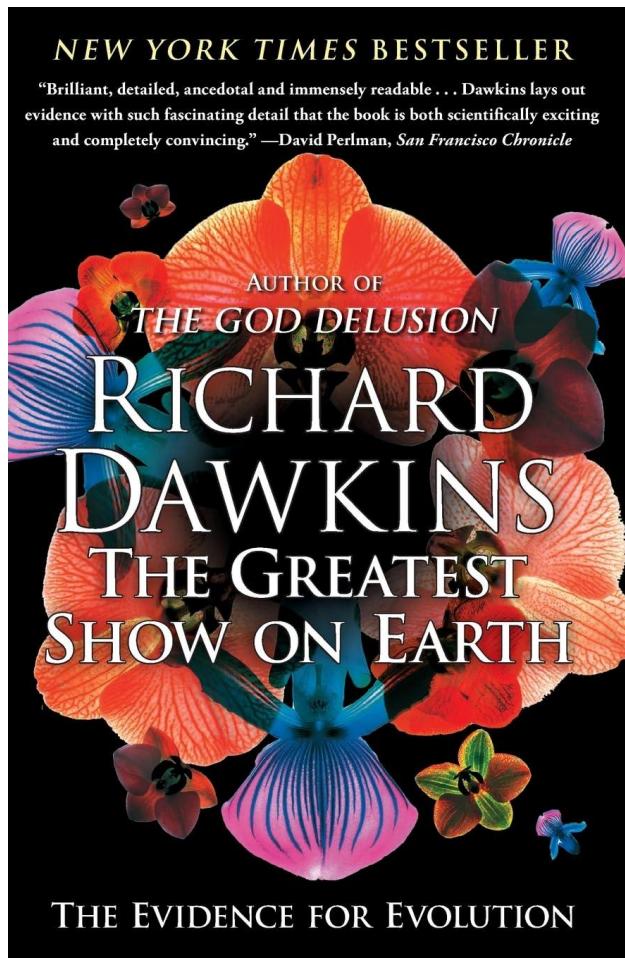
If parents tell their child that people who are of a different colour, a different religion, or have a different accent, are dangerous, the child will accept and remember this in their subconscious for as long as they live. Humans differ from geese in the respect that we have a second gene, a scientific, rational, gene, which can override our instinctive gene. Without this second gene we would still be living in the wild, just like geese and foxes. This second gene tells us to question everything and to get the facts before coming to any conclusions. This gene may compel us to question our fear of foxes. We may wonder how we might be able to protect ourselves from foxes, or, perhaps, we may wonder how we could make foxes afraid of us. Possibly, we could formulate a plan to domesticate foxes and breed them for their fur.

Without this scientific gene, we could never have invented anything. We would just accept things as they are, including, accepting whatever our parents have taught us. Quite often, parents become upset if their children try to go against what they have been taught. Parents have been known to try to sabotage this second gene by repeatedly instructing their children to never question anything. Many parents tell their children to trust nobody outside of their community, claiming many of these outsiders are wolves in sheep's clothing. This is the reason why many people are afraid to leave a commune. As children grow up, many have inner conflicts as these two genes push against one and another, causing these young adults to waver between compliance and rebellion. Some parents ostracise and punish disobedient children. We read about some parents killing their rebellious offspring.

To have sincere negotiations, we often must go against what our parents have led us to believe. Negotiations will likely fail if we have unconscious prejudices against the other parties. How do we get people to stop listening to the first gene and begin to engage the second gene, so rational negotiations can begin? Science tells us that one way to do this is through brainwashing. Since parents have brainwashed their children in the first place, brainwashing is an effective method to counteract the first brainwashing. However, can we trust the second brainwasher?

Scientists offer a second, more reasonable, method to counteract the brainwashing done to children. They argue that by learning logic through the study of science, mathematics, and

other thought-provoking subjects, children can learn to think rationally and begin to understand that their parents' teachings may be erroneous. Rational thinking strengthens the second gene and weakens the first gene. Eventually the second gene becomes the dominant gene. It is then that people begin questioning things which their parents have taught them and begin making decisions in a rational manner. The first gene tells people what to think. The second gene is the tool needed to learn how to think, and how to make independent decisions after looking at all the evidence available. That is food for thought.



The Art of Negotiation, Part 3: Looking in the Mirror

O wad some Power the giftie gie us
To see ousrels as ithers see us!

To see ourselves as others see us. Over two-hundred years ago, Robert Burns pondered this idea. Believe it or not, we do have the power to see ourselves as we really are. All we need to do is take off our rose-coloured glasses and look into the mirror. In order to step back from the trees to see the forest, pretend you are a space alien who is looking at your friends and family for the first time; the bickering, fighting, power struggles, criticism, petty jealousies, and childish wining which you have been ignoring, should become plainly visible.

We are a militaristic and warring society, yet we preach peace and declare harmony is what we are asking for. Actions, however, speak louder than words. Why are we providing military aid and sending our troops off to war? The truth is, we are in the habit of combat and everything, to us, is a fight. For peace to happen, we must turn from the adulation of warriors and the bedizened glory of martial strife to the majesty of the common people and to the more glorious victories of peace.

To see what a person's true characteristics are, one must watch them at play, one must see what they do in their leisure time. If people are obsessed with blood sports, one may safely refer to them as being antagonistic, belligerent, warring people. Canada's national sport is hockey, one of the bloodiest sports. Also, we eagerly flock to football, wrestling, boxing and ultimate fighting events.

Who decides what a country's national sport is? Less than ten percent of Canadians are true, passionate, hockey fanatics, and less than ten percent are the other extreme; they detest blood sports and would have such things outlawed if they had the power to do so. What about the more than eighty percent who are in between these two extremes? The majority are sitting on the fence waiting to see what the flavour of the month is. They are the good consumers; the ones marketing companies refer to as the gullible masses who never make their own decisions. They look at what everyone else is doing before they join in. Northrop Frye gives a good description of these fence-sitters in his lectures, *"The Educated Imagination"*.

During the French Revolution, Austria and Prussia, believed France, being in complete chaos, would be easy pickings. Like hungry hyenas, they quickly moved in for the kill. However, France was prepared for them. Will and Ariel Durant, in their book, "The Age of Napoleon", described how these two armies, like any bullies, ran when they realised France could not be easily taken. Looking for easier conquests, they withdrew from the French, in order to join Russia. These three parties conquered and divvied up what is now Poland, Ukraine, and several other countries. Struggles to conquer lands and expand borders have been going on for thousands of years, but who reads history? Ukraine is a young country, much younger than Canada. Who, today, has legitimate claims on Ukraine, a territory, which, for thousands of years, has had ever changing borders and rulers?

Russians and Ukrainians share the same DNA, they are brothers and sisters. In fact, all people of the world share DNA. We all have the same ancestors. We are all the same, ALL-ONE.

When beginning negotiations, we must remember, we are not dealing with an alien species, we are negotiating with sisters and brothers. Rather than looking to win, maybe, we should strive to come to a fair and just settlement for everyone?

President George W. Bush began a war with Iraq, a sovereign country, which was on friendly terms with the USA. This was an illegal and immoral invasion. Over 70 percent of the public in USA, as well as Canada, backed the war. The New York Times, The New Yorker, and major Canadian newspapers, printed bogus front-page stories about how Saddam Hussein had weapons of mass destruction; none ever existed. Newspapers sometime print lies, and, if they do print the truth, it is never the truth, the whole truth, and nothing but the truth. Some newspapers later apologized for their drumbeating and quasi-justification of the war in Iraq. Bush was never charged with war-crimes.

Negotiations will always fail if we are striving to win, and we refuse to consider a compromise.

The Art of Negotiation, Part 4: Escape from "The Dark Ages"

Back in the nineteen-fifties, it was very common for a child to be beaten with a stick or strap. "Spare the rod and spoil the child" was the common attitude, and children were beaten not only at school, but also by their parents. This attitude of physical violence towards children has been outlawed in Canada. After many thousands of years of violence and aggression, we are slowly moving towards a society of fairness, equality and reason. We are beginning to understand, trying to control people through fear and false promises does not contribute to developing a stable, happy, and productive society.

At five years old, while attending a "Good Christian School", I remember being reprimanded for not properly printing my name after the teacher had disabled my hands by beating the backs of them black and blue. When I became an adult, as suppressed memories surfaced, I could actually feel the physical pain of beatings which happened fifty years previously. One such memory caused me to go into anaphylactic shock.

When Europe was in the "Dark Ages", authorities kept people ignorant and stupid so they could be controlled. Martin Luther rebelled by breaking the Church's law and having people learn to read and write, and also by providing them with a Bible translated from Latin into German. As people read the Bible they began to realise, what priests had been telling them was in the Bible and what was actually there were two different things. The priests had been hoodwinking them. These revelations lead to a peasant revolt. Luther, realising his own life was at stake, believed his best option was to join with the local aristocracy, who wanted to keep the peasants in chains but wished to divorce themselves from "The Church". Luther gained power for himself by throwing the peasants under the bus. However, the seeds of discontent had been sown amongst the peasants and there was no going back. Many peasants wished to run their churches their own way. This led Europe into the "Age of Enlightenment" and the French Revolution.

Aristocracy wished to keep peasants as slaves, whose "Child" was offered a carrot, and whose "Parent" was threatened with a stick. Their "Adult" was never allowed to develop to begin questioning. With the introduction of the printing press, and the translation of books into the local language, more and more people began to learn how to read and write. More and more people came to realise, they had the ability to think, plan their own lives, and become masters of their own fates. Men such as Jonathan Swift, Thomas Payne, and Voltaire, through their writings, stirred people to revolt against the "Establishment". People began to realise they could take charge of their own future. Today, however, many people find planning their own lives too stressful, they continue to look for someone else to tell them what to do.

Using a watch as a metaphor for our lives is a way to teach adolescents about planning their future. A timepiece is a metaphor for time. We may explain to them how they, as young adults, are moving from an "a priori" world, a world of fantasy and make-believe with fairy-tales, Peter Rabbit, Easter Bunny, Tooth-Fairies, Cinderella, Santa Claus, witches, and superstitions, and moving into a "posteriori" world, an empirical world, a scientific world, where they, through their "Adult", will begin planning their life to make their dreams come true.

Everything which is built is built twice. First it is planned in one's brain, it is dreamed up. Secondly, it is fabricated in real life. Planning one's life is like building a house. We must first build it in our minds. Our decisions in adolescence affect the rest of our life. This includes the courses one is studying, in and out of school, and what one is doing in their leisure time. All decisions should be made with a view of what one wants to do with their life, what one wants to do in order to make a living, what one wants to do for their pleasure, and what type of people they want to associate with. Guided this way, our children will become, and will obtain, what they think about.

A timepiece should be a reminder that life progresses with time. Time never stops, it continues to march on. Whether we use the time allotted to us wisely in planning goals and reaching them or whether this time is wasted, is our choice. Our life belongs to us. Our time on earth belongs to us. Our life will be what we plan and dream it will be, when we begin setting our goals, and steadfastly working to obtain the life we plan.

Parents need to wish the next generation all the best. We need to believe our children will have a very happy and productive life, because, with our help and encouragement, they can develop into very capable human beings who will always be content and happy with the life they have chosen for themselves. The greatest satisfaction in life is setting goals and obtaining them through one's own efforts.



Peace at Last, The War is Over

In 1945, newspaper headlines declared the war was over. However, the war was far from being over. There was a cease-fire, but not everywhere. As enemy troops began retreating, territories and colonies belonging to England, Holland, Belgium, France, and other countries were demanding independence. In Java, American lend-lease guns cut down the inhabitants who wanted nothing but the right to live their own lives in the land of their birth. The Doctrines of Discovery asserted that France had a “God given right” to rule the heathens in Indochina. Ditto for the Netherlands in Java, for England in India, for Belgium in Africa, and for many other Christian nations around the world.

France rushed to Indochina and paid the retreating Japanese troops to turn around and subdue the rebelling infidels. The fate of India and Africa was much discussed between the Allies, without any consideration for the wishes or welfare of the people living there. Korea, a Japanese territory, was split, with Russia taking the north and USA taking the south. The Koreans did not agree with this, all they wanted was to be left alone so they could live their own lives in peace.

Matthew 6:6 states, “when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret”. The founding fathers of the United States of America formed a secular republic, agreeing with Matthew, religion is a private matter and should be left out of government and politics. Mahatma Gandhi’s plan was to follow the USA’s example and create a secular state. All Indians would stick together and co-operate to form a unified and independent India with no official religion. If this had happened, India might have become a productive and powerful nation, much like the USA. Gandhi was assassinated as England chopped up India into separate states. Religious feuds, which continue to this day, broke out between these states. So far, millions of men, women and children, including newborns, have been slaughtered. Gandhi warned, a united India will prosper and thrive, but a divided India will self-destruct. If this is what England wanted all along, for the past three-quarters of a century, Indians have been played for fools.

Today’s war in Ukraine is a continuation of the Second World War. England declared war when Germany attacked Poland. England was supposed to free Poland from foreign aggression. However, when the German armies retreated from Poland, the Russian armies marched in. The Allies had agreed, Poland, Ukraine, and several other countries would remain under Russian rule. Churchill, Roosevelt, and Stalin had private meetings, debating about who would control whom. When peace treaties were signed with Germany, Italy and Japan, the fighting over control of countries and boundaries escalated between the Allies.

In 1945, even though the twentieth century was not even half done, it had already established itself as the bloodiest period in human history. From 1900 to 1945, more people had died by violence than in all the world’s previous recorded history. The death total was more than the entire population of the USA. During the first thirty years of the twentieth century, European

powers fought 74 wars. These wars averaged 4 years in duration for a total of 297 years of warfare.

After the second atomic bomb was dropped on Japan, reporters were giving the public the glad news that our last enemy had surrendered. As treaties were signed, the Allies lost their common purpose and their common enemies, and they started fighting amongst themselves. Former brothers-in-arms quarrelled over who should control what territory. Americans thanked God for the atomic bomb, which they had, and the Russians did not. The manufacture of these bombs was speeded up. Americans talked peace and understanding to their erstwhile friends while holding a gun to their ribs.

As their troops came home, Americans turned their bloodthirsty attention to internal struggles with labour organisations and their own minorities. During the war, because there was a lack of manpower, jobs became available to depressed racial minorities who began attaining an economic status which they had never previously enjoyed. Once the end of war was proclaimed, USA was confronted with the problem of putting these racial minorities back into their proper places. They were holding jobs which returning white servicemen wanted. During the war, when manpower was needed, laws were passed which provided fair employment practices to everyone regardless of colour or creed. Now that the need for their services had passed, the USA Congress decided in favour of unfair employment practices for minorities.

And the Second World War continues. Will it ever stop? That is food for thought.



The Eve of Destruction

During World War II, Joseph Stalin, Franklin Roosevelt, and Winston Churchill met regularly to discuss war and peace. Stalin observed that England was the “odd-man-out”, Russia and the USA kept state and religion separated while England did not. Through the Doctrines of Discovery, it was religion which gave England the God-given-right to seize foreign lands from heathens in order to build the largest empire in history. Indeed, the sun never set on the British Empire. Traditionally, religion has been regarded by the common people as true, by the wise as false, and by the rulers as useful. Historically, Stalin noted, religion has been very useful for England. Never lost for words, Churchill retorted by reminding Stalin that England’s God-given-right to seize lands from heathens included lands belonging to atheist Russia. What about the lands belonging to secular USA, which England, a few centuries earlier, had claimed and lost?

Was Churchill serious when he publicly suggested England and the USA should join forces and invade Russia? We shall never know, Roosevelt died suddenly, and Churchill was voted out of power.

The founding fathers of the USA were adamant that religion and government would never mix. John Adams mused, “This would be the best of all possible worlds, if there were no religion in it.” The newly formed USA Senate assured the world, “the Government of the United States of America is not, in any sense, founded on the Christian religion”. John Adams defended the separation of religion and state, affirming, the authors of the constitution, never “had any interviews with the gods, or were in any degree under the inspiration of heaven”. These founding fathers believed Man needs no divine help in forming his own doctrines and laws, and Man has the intelligence to create laws, “merely by the use of reason and the senses”.

How can there ever be peace and harmony in the world if nations continue to teach their children, there are only two forms of government, our form, and the wrong form; there are only two religions, our religion, and the wrong religion?

In 1944, the supreme court of the United States confirmed the separation of religion and state by ruling, “Heresy trials are foreign to our Constitution”. Seemingly benign, Congress passed a motion to give the USA an official motto, “In God We Trust”. This effectively rescinded freedom of religion by creating a new religion, Americanism. Dissenters were deemed un-American, a crime of quasi-treason, and not just heresy.

Increasing their production of war machines, the USA soon had more weapons of mass destruction than the rest of the world put together. The USA joined France in Indochina where the heathens were rebelling. The Indochinese proved to be more formidable than was anticipated. Despite the USA dropping more bombs on Indochina than all the bombs dropped on Europe during World War II, and the slaughtering of “God only knows” how many millions of innocent men, women, and children, the Indochinese refused to surrender.

Worldwide, peace demonstrators were shouting “Yankee Go Home”. American draft-dodgers were fleeing the country by the thousands. Draft cards were being burned at demonstrations where everyone was chanting, “We have seen the enemy, and he is us.” Minorities, demanding an end to racial discrimination, joined the demonstrations which turned into riots. Cities were looted and torched. Gordon Lightfoot’s recording, “Black Day in July”

was banned. American youth were joining Barry McGuire, singing along to “Eve of Destruction”. The USA was in chaos.

Everything came to a head when Life magazine published pictures and stories detailing a massacre which had happened in the village of My Lai in Vietnam on March 16, 1968. A company of American soldiers brutally slaughtered more than 500 people, mostly women and children. Girls and women were raped and mutilated before being killed. Even worse, eyewitnesses claimed this was not an isolated incident, the same scenario was happening throughout Indochina. The brutality of the My Lai killings and the official cover-up were fueling anti-war sentiment and the division of American citizens.

The USA turned out to be much different from what Thomas Paine had imagined. He believed, in order to exist in peace and harmony with every other nation, the founding fathers should form a secular republic governed only by reason and common sense. John Lennon asked us to imagine such a world. If we all try to imagine, could peace be finally given a chance?

Russian Embassy in Teheran, Iran



Stalin, Roosevelt, Churchill: Public Domain

We Become What We Think About

Is there any value in reading a book? We should be telling our grandchildren how worthwhile a book can be. Reading inane fantasy may give someone a little bit of entertainment, but certain books may be the tools necessary to lift the veil of ignorance which is preventing people from seeing “Truth”. For many, these books have been worth their weight in gold.

During the 1960's and 1970's, over 1000 radio stations worldwide were broadcasting Earl Nightingale's program, *Our Changing World*. Nightingale advised that there are hundreds of books in your local library which are priceless. These are handbooks needed to obtain a happy and successful life.

Although most people measure success with the accumulation of money, Richard M. Huber, in his book, *The American Idea of Success*, tells us that success is not just about money. Individuals must decide what success means for them. Huber states, there is no excuse for anyone not to succeed. He notes that over ninety-five percent of people who succeed monetarily began their life in poverty. Libraries have literally thousands of rags-to-riches stories of people who, through their own efforts, became some of richest people in the world.

The problem is most young people fail to learn how to plan their life. Building a life is no different than building a house. Begin with the end in mind. What kind of house do you want? What style of a house? Where do you want to build your house? How many bedrooms do you want? First, a house is built in your brain, next it is drawn out on a piece of paper. Finally, it is built in real life. A wise person will plan and build their life in the same manner.

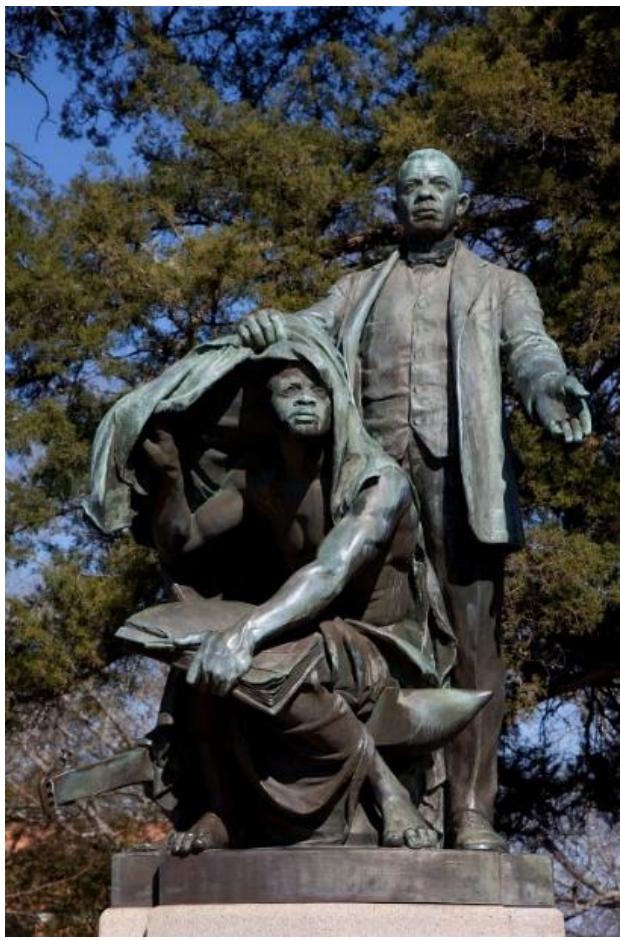
Nightingale speaks to American youth in his audio recording, *What Every Young Person Should Know*. This recording could be worth thousands, maybe millions, to our grandchildren. This recording not only describes how one may accumulate money, but, more importantly, it describes how to achieve happiness and contentment in life, which is more valuable than any amount of money. Nightingale describes how money by itself is just worthless bits of paper. Money only has value when it is used. The main theme in his recordings is, “We become what we think about”. This is not a new idea; wise people have been stating this for thousands of years. In a nutshell, Nightingale is telling us, our success is determined by how we plan our life and how much effort we put into achieving our goals. Most people, Nightingale notes, never plan their life; they are like a ship without a rudder, just aimlessly drifting along. Socrates referred to these kinds of people as the walking dead whose brains have turned to stone from lack of use.

Individualism is the most valuable gift which democracy gives us. Every citizen has the right to plan and live their life in whatever manner they so choose. Nightingale points out, even people who have lived in oppressive societies have managed, through tremendous adversity, to achieve remarkable success. There are literally thousands of biographies of people who have succeeded by planning and using sheer willpower, even in the most adverse situations.

Will and Ariel Durant, in their book, *The Lessons of History*, tell us that history repeats itself. We may look at any period in history and find diverse peoples and governments as we have today. Two and three thousand years ago we had communism, democracy, dictatorships, monarchies, and military rulers. Nothing has changed.

Lucky for us, the Durants note, democracy is the best form of government for individual people to succeed. A true democracy is a secular republic, a government by the people for the people. A true democracy gives freedom to individuals to run their lives as they see fit with as little as possible interference from governments. A nation such as this has strong family units which are mature and self-sufficient. Maturity is one's ability to handle life's problems. An immature person seeks help from somebody else to fix their problems.

How does one learn to handle life's problems? Simply by handling life's problems. You will make mistakes, but it is from these mistakes that you will learn how to handle problems. Better still, one can learn by reading about how others have handled their problems in life. By reading books of fantasy with superheroes and wishing some powerful being will handle all your problems, will keep you from growing up. Children become addicts; mature people never do. Teach your grandchildren how to plan their lives, make decisions, take responsibility for their mistakes and grow into mature adults. Anyone can become what they think about.



Booker T. Washington, Public Domain

A Bird in the Hand

A bird in the hand is worth two in the bush. Why are people willing to trade what they have for an uncertainty? Is it the challenge and the excitement of a possible win?

When I was a child, my father, on several occasions, advised me not to gamble. He stated that gambling is a scam, "The House always wins". In my childhood, slot machines were referred to as "One-armed-bandits". After inserting a coin, one had to pull an arm on the side of the machine to start the wheels rotating. Even though slot machines were illegal, it was common knowledge that Manitoba's notorious gambling ring-leader, Stanley Zedd, had a few dozen "One-armed-bandits" installed on the second floor of a restaurant on Winnipeg's Main Street, and in several other places throughout Manitoba and Saskatchewan, including the back room of the Margaret Rose Tea Room at 124 Osborne Street in Winnipeg, which served as Zedd's headquarters.

Slot machines are designed so that "The House" never loses. The old "One-armed-bandits", being fully mechanical, needed to be opened in order to change the odds of a pay-out. These odds could be adjusted between very low to quite high. A 90% pay-out would give back \$90 for every \$100 put into the machine. Pay-outs are always less than what is put into the machine. "The House" never pays money from its own pocket. If a player leaves a machine and the next player immediately gets a win, that win comes from the previous player's pocket.

Newer slot machines are computerised. Most do not have an arm to pull. The player just pushes a button to start the wheels spinning. The odds on these machines can be changed remotely, usually in a room removed from the players' sight. Using dozens of cameras, casino workers can watch every player, and, with the click of mouse, are able to change the odds on any slot machine. Players are played like a mouse is played by a cat. If a player is looking discouraged, odds can be changed so their machine would give a pay-out to encourage the player to continue to play. Players who are winning may start to lose when the odds are lowered on their machine. Let me stress this, "A machine **always** pays out less than what is put into that machine." "The House" **always** wins.

Years ago, mobsters like Stanley Zedd were scamming the public. Today, governments are running the casinos. Throughout history, governments have regularly exploited citizens. This is why we had "The French Revolution". During "The Dark Ages", the rulers had abused the populace too long and the citizens rebelled, taking over the country. Many of the upper class were executed. However, with a little subterfuge, the former wolves, wearing sheep's clothing, regained power. With the constant worry of invasion, people looked to Napoleon Bonaparte to organise surprise attacks against their perceived enemies. In the end, with Napoleon as king under a different title, things went back to what they were before the revolution. Many countries are republics in name only.

Justin Trudeau, knowing that gamblers simply forget about the thousands they lose but remember the \$50 or \$100 jackpot they win, has come up with a tax strategy. He has implemented "The Carbon Tax". Everyone pays this new tax. However, Trudeau is returning a portion to the taxpayers. Nobody will take the effort to figure out how much "Carbon Tax" they pay; most of it is hidden. However, they will remember how much their "Carbon Tax Rebate" cheque is. Many people who are receiving this rebate cheque will believe they have just won the jackpot, never considering they are only getting back a small portion of what the taxman took away from them. "Carbon Tax" is just another scam and we are being taken for fools. Trudeau is trying to buy our votes with money he has taken from our pockets. That is food for thought.

LET'S HAVE SOME FUN! BUT HOW DO WE WORK THIS THING?



Library of Congress 1943

Canada is a Dictatorship

Call Canada a democracy all you like, but that does not change the fact that Canada's laws allow Justin Trudeau to continue acting as a dictator.



Trudeau states, "Canadians expect their political leaders to protect our precious democracy by how we conduct ourselves." Trudeau has learned the fine art of true hypocrisy; say it often enough and loud enough and it will be accepted as the truth.

Canada allows Trudeau to repeatedly break Canadian laws while continuing with business as usual. Under Canadian law, the only person who may penalise Trudeau for breaking ethics laws is the Prime Minister of Canada, not the Commissioner of Ethics, not the police, not the Governor General, not even Queen Elizabeth. Like a true dictator, Trudeau has removed other lawbreakers from office, but he refuses to remove himself, and Canadian law allows him to get away with it.

At least three times Justin Trudeau was forced to acknowledge his guilt about breaking Canadian laws.

Justin Trudeau was found guilty of contravening the Conflict-of-Interest Act by using his authority to circumvent, undermine and attempt to discredit the decision of Director of Public Prosecutions, Jody Wilson-Raybould, during the SNC-Lavalin scandal. Trudeau then quickly passed new legislation to prevent SNC-Lavalin from being taken to court so that SNC-Lavalin could keep the then-current contracts and continue getting new contracts worth billions.

Justin Trudeau was found guilty of conflict of interest by taking his family on a vacation on the Aga Khan's private island. Trudeau's "free" vacation cost the taxpayers hundreds of thousands for security guards. This trip was one of three that Trudeau or members of his family have made to the island. Trudeau's wife, Sophie, stayed on the island in March 2016 with a friend and their children.

Trudeau was also found guilty of illegally involving himself in discussions concerning a \$15 million grant to the Aga Khan in May 2016 and a government funded \$200 million river front renewal plan in Ottawa.

Trudeau acknowledged being guilty of a third conflict of interest charge with the \$900+ million dollar WE Charity scandal. WE Charity confirmed they paid at least \$481,751 to Trudeau's family in gifts, talent fees and free London and New York trips. Did WE Charity expect return favours?

Trudeau holds the distinction of being the first and only Canadian prime minister guilty three times of federal ethics violations. Trudeau rules as a dictator because Canadian laws allow him to. And the Covid-19 crisis gives him the opportunity to squander money wantonly without justifying expenditures. Trudeau is out of control.

What can be done to curtail Trudeau and prevent this dictatorship from continuing and happening again? Canada must become a true democracy and not a democracy in name only. To do this, we must look at countries which are more democratic than Canada, such as Switzerland where most laws are voted on by direct vote of all citizens through plebiscites. To be a true democracy, we must eliminate the positions of prime minister and provincial premiers because allowing one individual to have so much power tempts them to take advantage of it. Time and time again throughout history we see examples of how power corrupts. In Switzerland, rather than parliament, the Swiss have a seven-member federal council. The position of President of the Swiss Confederation rotates among the seven councillors on a yearly basis, with one year's Vice President of the Federal Council becoming the next year's Confederation President.

In Switzerland, citizens play a large part in the federal political decision-making process. All Swiss citizens aged 18 and over have the right to vote in elections and referendums. The Swiss citizens are called on approximately four times a year to exercise this right, and vote on an average of 15 federal proposals. Any Swiss citizen may demand that any bill approved by the Federal Assembly is put to a nationwide plebiscite. All constitutional amendments as well as Swiss membership in international organisations are subject to a mandatory referendum.

Maybe it is time for Canada to move closer to becoming a true democracy. We can learn from countries like Switzerland.

WITHOUT BACTERIA, WE WOULD ALL BE DEAD

Bacteria are the most abundant living organisms on this planet. They may be found everywhere, including the boiling waters of Old Faithful and deep within Antarctica ice. There are several thousand times more bacteria than human cells living in our bodies. Mitochondria, the very tiny, morphed bacteria which live inside our cells, are the most numerous. High energy users, such as brain, liver, and muscle cells, have several thousand mitochondria inside each cell. Mitochondria help break down sugars, proteins and fats to produce energy when we need it, and they also help to produce protein to build and repair tissue. Mitochondria are needed to produce crucial hormones, such as insulin. Scientists have identified over 300 diseases, including diabetes and Parkinson's disease, which may be caused by mitochondria not functioning normally.

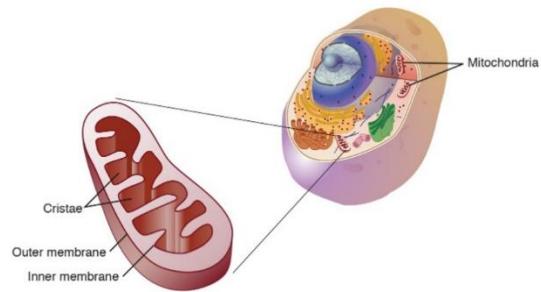
Humans usually get their mitochondria from their mother. However, in rare cases, the father's mitochondria may be passed on to the child. In an attempt to eliminate damaged genes, sometimes a new mitochondrion is formed with some of the genes coming from each parent.

Scientists have successfully replaced damaged mitochondria in human egg cells with mitochondria from a healthy donor, resulting in a normal baby with three parents, mother, father, and mitochondria donor. Since the mitochondria pass instinctive behaviour from generation to generation, the child will inherit their instincts from the donor.

Besides instinctive behaviour, humans, like most animals, can be taught behaviour patterns. Also, humans, like many animals, have the intellect to choose their own behaviour. Chosen behaviour requires thought, but many humans go through life much like a draught horse or a pet dog, just following instinctive and taught behaviour without ever consciously thinking. Humans have the intellect to understand how their behaviour determines future events and they may logically choose their behaviour. By making mistakes we may learn and decide to change how we behave. And more importantly, mainly from reading books, we may learn from other people's mistakes. Fate may be conquered if we abandon instinctive and taught behaviour and logically choose our behaviour.

Besides mitochondria, trillions of other "probiotic" bacteria live in our intestines. These beneficial bacteria gobble up harmful viruses and bacteria while providing us with nutrients and helping us to digest our food. We have a symbiotic relationship with our beneficial gut bacteria; we provide a home for them, and they provide food and service for us. Our "good" bacteria will normally keep "bad" bacteria in check, but, if we have too many "bad" bacteria, doctors will sometimes give patients a "poop transplant". Faeces from a healthy person is injected into the bowels of someone who has been purged with enemas and laxatives.

Without our living bacteria we will die. By wisely choosing what we eat we can keep our "good" bacteria healthy. Our "good" bacteria need fibre, protein and beneficial natural fats, such as olive oil. Our instincts tell us when we are hungry, but we have all been taught when we should eat, what we should eat, and how much we should eat. However, we can choose our own eating habits. Our "good" bacteria need certain foods but, "bad" bacteria will mutate to digest whatever we feed them. Sucralose, the main ingredient in Splenda®, has been shown to cause weight gain because our "bad" bacteria, if continually fed sucralose, will evolve in order to be able to break sucralose down into simple sugars which they love to eat, and our bodies convert any surplus sugar into fat.



Human Cell Showing Mitochondria

It is not only humans, but all plants and animals depend on bacteria to keep them alive and healthy. Scientists believe the first form of life on earth was a simple bacterium which eventually evolved and mutated to form all living things which now exist on our planet. Scientists such as Richard Dawkins, Jerry Coyne, and Donald Prothero, have published books explaining how, if all other life on earth died, bacteria would remain to eventually mutate and evolve to again populate the earth with many forms of life. Would we ultimately end up with the same plants and creatures that are currently living on earth?

Death by Hockey

In Canada, hockey is like a religion; if someone says anything negative about it, it is akin to blasphemy. Some fans (abbreviation of fanatic) neurotically view their favourite hockey players as gods, to be idolised and worshipped. People act violently towards anyone who maligns Canada's national sport. Originally, the word "sport" meant abnormal. During a game both spectators and players frequently become extremely passionate, which is opposite to sanity. Players are cheered and jeered, fights often break out between opposing teams and amongst the spectators. Spectators scream for blood, and it often flows as gloves are discarded and mayhem breaks loose.

In Canada, as little toddlers, millions of boys and thousands of girls have commenced playing hockey. Corporate sponsors such as Tim Hortons encourage these children by providing equipment and financial aid. Hockey is big business and people are serious about it. Less than ten out of a million of these children starting out in hockey will make it to the National Hockey League (NHL), where only a few will actually get to play a game, and fewer still will make any substantial money "playing" hockey. These children have a better chance of winning a lottery jackpot than becoming an NHL superstar. Yet, parents are continually pushing their children to get into hockey. These parents teach their children how to behave at hockey games by badmouthing the players, the coaches, and other hockey parents. During children's games, foul language, threats of violence, and adults having childish outbursts are common place.

As young players progress, they learn about goals, getting the puck into the net, and about the team's goal, win at all cost. All is fair in love and war, and it soon becomes apparent that hockey is war. The players do whatever it takes to get an edge over their opponents. They make furtive slurs about an opponent's mother, sister, father, race, religion or sexual orientation; it doesn't matter, as long as you can rattle your opponent enough for him to become obsessed with retaliation and forget about playing hockey. An elbow into the ribs, a stick between the feet, a fierce ramming into the boards, all is fair, as long as you can get away with it. The fans cry out for blood and players oblige by lunging at each other. Throughout history, in countries where war and the military are the major growth domestic products, blood sports are the main source of diversion and entertainment. The USA has been constantly at war, internally and externally, ever since their war of independence. Canada, as a good neighbour, frequently joins the USA on "peacekeeping" missions which usually results in a few casualties, "can't be helped".

Throughout the history of hockey, dozens of players have died on the ice from their injuries and many more have succumbed to hockey injuries later, off the ice. We are witnessing gross numbers of players suffering premature deaths from brain trauma and from the effects of their hockey lifestyle, booze, drugs and constant nightlife. Why is it that fans cry for blood? Of course it's not just hockey, we also have boxing, kickboxing, roller derbies, rodeos, ultimate fighting and other blood sports.

In the locker room, especially in junior hockey, it is common for players to gang up and bully a fellow player, all in the name of "sport". Sometimes groupies are brought in to molest. Why? Well one needs to vent one's frustrations in some way, and it is all part of the "game". Supposedly, it "makes a man out of you".

Teachers are commonly remarking about the increase of bullying in schools. Is this surprising? Do we expect our children to differentiate between the ice and the classroom? We expect too much of them. After all, they are children, very impressionable children, who learn more readily by example than by lecture.

Especially in the minor leagues, bullying, such as hazing, consisting of physical, mental and sexual abuse, are ingrained in the hockey community. Hockey executives downplay this, stating that hazing is like fighting, part of the game, and they claim that people who haven't played hockey just wouldn't understand this. We do understand, hockey, to the team owners, is not fun, it's big business.

Being Neurotic is Quite Normal

Karen Horney, the world-famous researcher and practitioner of psychiatry, noted that, in our modern society, neurotic behaviour is so common that it is considered to be normal. Often, neurotic people excuse their reluctance to change their behaviour by declaring that they are just like everybody else. Until a person admits to their inner conflicts, they will continue living in mental turmoil, suffering from delusions, fears, mental stress and often hopelessness.

Neurotics, seeing the same attitude and behaviour in others, will sometimes admit to having a pervasive dissatisfaction with life, that they often feel tense or diffusely inhibited, have intangible difficulties with the other sex, or with people in general. Sometimes they admit to having a pessimistic view of themselves and of life in general, but they attribute this to the state of the world and the prevalence of negativity in our society. They see no justification for any change in themselves.

Doctor Horney pointed out that compulsive obsessive disorders are specifically neurotic; being born of feelings of isolation, helplessness, fear and hostility, and they represent ways of coping with the world despite these feelings. These compulsions aim primarily not at satisfaction, but at safety, because of the anxiety lurking behind them. Their foremost cravings are for affection, and for power. These two cravings will often oppose each other, increasing stress levels. She noted that one of the difficulties in seeking professional help is finding a knowledgeable, empathetic, and honest mental therapist. There is a prevalence of dishonesty in our society. Often truths are claimed to be false, and duplicity is commonplace. Corporations and institutions spend great sums of money on public relations and misleading advertising.

The psychiatrist, Eric Berne, published many books about neurotic games that people play. Countless people have been greatly helped by these books. Doctor Berne's books have also made excellent textbooks for salespeople and politicians who wish to learn techniques for manipulating people through their emotions.

Regularly, we hear about people taking advantage of their position of authority to abuse others. Just before he died, Doctor Berne lamented, "I've spent my whole life teaching people how to achieve intimacy, and I've never been able to get any myself." Doctor Berne did not practise what he preached. Despite lecturing against it, he had sexual relations with dozens of women, some of whom were his patients. Even after admitting his actions were illegal, immoral and unethical, he did not change his behaviour towards vulnerable women. He toyed with them, playing a game of tug-of-war, first sweet and then sour, sympathetic and then tyrannical. In these types of games, nobody wins, both parties are losers, never experiencing any true intimacy and inner peace.

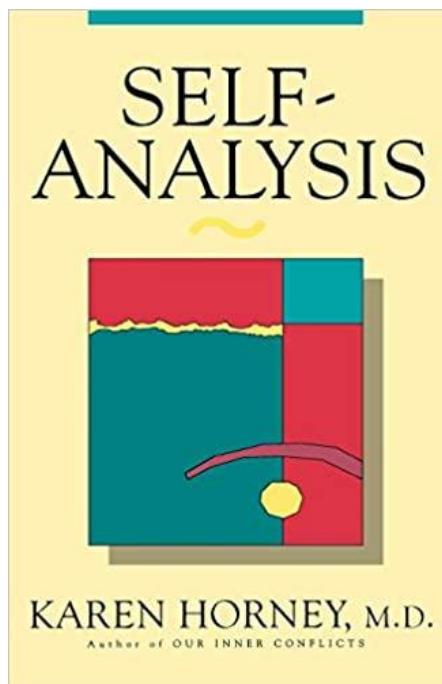
Many people in positions of authority are just like Doctor Berne, taking advantage of their power. *Dateline*, *Four Corners*, *48 Hours* and other television programs detail how respected priests, rabbis, pastors, schoolteachers, hockey coaches, politicians, and other leaders commonly abuse vulnerable adults and innocent children.

To help the general population find a more rewarding and meaningful life, Doctor Horney published, *Self-Analysis*, a book which describes how anyone may analyse themselves to learn how their lives are easily controlled by their emotions. Once they change their way of thinking and their behaviour, other people will no longer be able to control them. They will begin taking

charge of themselves, choosing, working towards, and obtaining what they really want out of life.

Once people are free from their inner bondages, they will be able to develop their best potential. A person must acknowledge how they are trying to fool themselves into thinking there is nothing wrong and to recognise how their compulsions determine the course of their lives by maintaining complete power over them. People will commonly state they have a good and loving disposition, rather than acknowledging they have a neurotic need for affection. People will often say that, by nature, they are more orderly and accurate than others, rather than admitting that they are in the grips of neurotic perfectionism.

If a person does not understand themselves and learn to control themselves, someone else will control them. Through their emotions, neurotics are easily controlled by smart game-players.



Death by Doctor, Death by Unintentional Suicide

W5, Canada's most-watched current affairs and documentary television program, revealed that twice as many people are dying from mistakes made by medical doctors than from catching the Covid-19 virus. Yet, Covid-19 is considered to be a pandemic while doctor induced deaths are not. Why is this?

The constant worry and anxiety produced by the fear of Covid-19 is killing more people than the virus itself. Canada's number one cause of sickness is emotionally induced illness (EII). More Canadians are suffering from EII than all other illnesses combined, yet, most people have never heard of EII. When a person with an ulcer, severe abdominal pain, diverticulitis, or a host of other problems, seeks medical advice, doctors do not spend the hours necessary to convince the patient that their bad emotions are making them ill. Instead, doctors tend to treat patients with the tools they have readily available, drugs and operations, which do not get to the root of the problem. Operations can be risky, and drugs usually have long lists of side effects.

For over 2000 years, EII has been written about, and one hundred years ago, the famous Mayo brothers who founded the Mayo Clinic, declared that more than half of our hospital beds are occupied by people with EII. Many books describe how EII may be cured when people change their attitudes and begin exchanging their bad emotions for good emotions. In his book, *How to Live 365 Days a Year*, Dr. John Schindler, gives a full explanation of how EII works and how anyone may cure themselves of their ailments. Doctor Schindler suggested to some of his patients that they should read the book, *Pollyanna*, which describes a young girl who habitually reacts to any event, good or bad, with gladness. Doctor Schindler stated that anyone in a few hours may learn how to cure themselves of EII, by learning how to change their way of thinking. As the world famous psychologist, William James, pointed out, if one changes their attitude, they will change their life. And, this includes ridding themselves of EII.

In his book, *Confessions of a Medical Heretic*, Dr. Robert Mendelsohn describes how the majority of operations being performed are not necessary and most drugs being prescribed are not needed. Rather than diagnosing EII and trying to do something about it, doctors are simply treating the symptoms which bad emotions produce, symptoms such as high blood pressure, gastro-intestinal diseases, migraine headaches, angina pectoris, and hundreds of others. Most Canadians have never heard of EII and nobody has ever explained to them how their bad emotions are killing them.

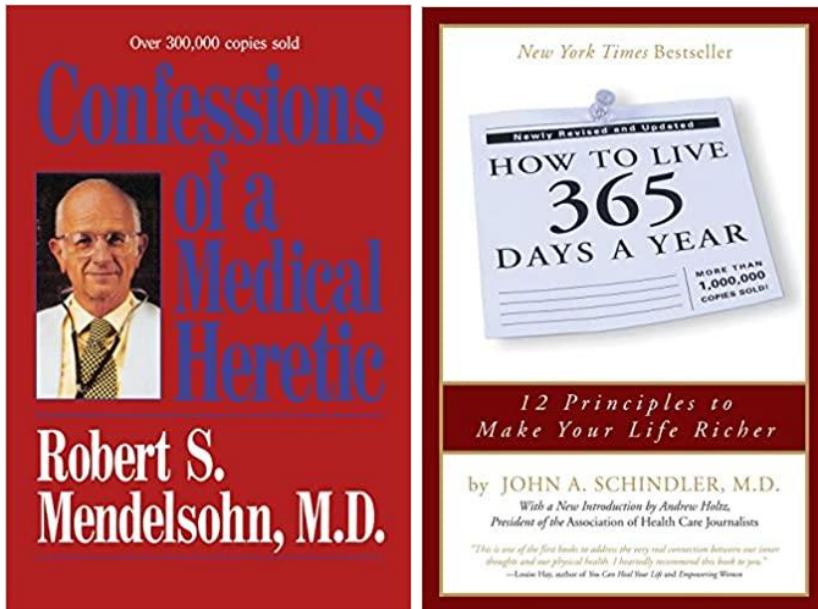
Over eighty years ago, the Canadian doctor and researcher, Hans Selye, in his laboratory, proved that bad emotions make people physically ill, often resulting in death. He also proved that good emotions make people well. Countless researchers have verified Doctor Selye's findings in their own laboratories.

People complain about someone giving them "a pain in the neck", when, in fact, it is their reaction to someone's irritation which is giving them a pain. Nobody can make you angry, you choose to be angry, and your anger results in pain and eventually physical illness in one or more places in your body.

The habit of living with bad emotions is learned in childhood from one's family, and from television, newspapers, friends, school and daycare. Many families are dysfunctional, continually

in a state of belligerence, chaos and unhappiness. Family members constantly try to control the other members of the family while trying to prevent anyone from controlling them.

When you feel anger, resentment, worry, jealousy, indignation, hopelessness or rejection, do you not feel a tightness somewhere in your body? This is part of our animal reactions to danger. However, when you feel secure, loved, useful, helpful and part of a caring community, do you not feel relaxed? It is the monotonous repetition of unpleasant emotions, the constant tightness of muscles, which result in EII, which eventually brings on actual physical diseases and often death. If everyone suddenly gave up bad emotions and started to live relaxed lives, many doctors believe up to three-quarters of all illnesses would vanish. Let's think about that.



The Facts: Give Me the Facts

In many countries, including Canada, religion is a trump card, trumping everything else. This seems illogical when we consider that there is no universal definition of religion. Religion is a meaningless term. Some so-called religions have a god, some have many gods, and some have no god. Mortal prophets, living or dead, are sometimes treated as gods. Some people worship planets and stars. The word star is synonymous with God.

There are over 3000 religions. They come in a variety of colours and flavours. Some are xenophobic, having nothing to do with anyone who is not following their religion; others freely associate with everyone, commonly in the hope of selling their religion. Some have the attitude, live and let live, while others will freely kill anyone who is not of their religion.

In the name of religion, people are ignoring laws concerning the Covid-19 pandemic. I am questioning Christian groups who are holding public gatherings against health orders. Some congregations refuse to wear masks. Are they obeying Holy Scripture, or are they making up their own rules?

According to Christian mythology, Jesus was a rebel who preached that people who pray in public are hypocrites. Mathew, according to the *King James Bible*, wrote that Jesus, emphatically and imperatively, tells his followers, “when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret.”

If Christians literally obeyed Jesus, there would be no Christian houses of worship, and no praying in public. Christians would pray at home in secret. We are witnessing Christians allowing preachers to control their lives, including, how, when, and where they shall worship. Allowing someone to dictate your actions often leads to conflicting internal emotions, which may cause emotionally induced illness (EII). To retain one’s sanity and prevent EII, a person must be responsible for their own life, set their own goals, decide their own actions, plan their own life, and accept blame if mistakes are made. The definition of maturity is one’s ability to handle life’s problems.

In her book, *Mind and Body*, Helen Flanders Dunbar MD, gives examples of how following strict religious practices, which conflict with one’s personal desires, may lead to physical diseases. It is possible that someone may attend unlawful public gatherings to satisfy friends, family, and religious leaders, while they have great fears about contracting Covid-19. The conflict between fear and obligation may cause serious anguish which results in EII, and, in some cases, death may be the result.

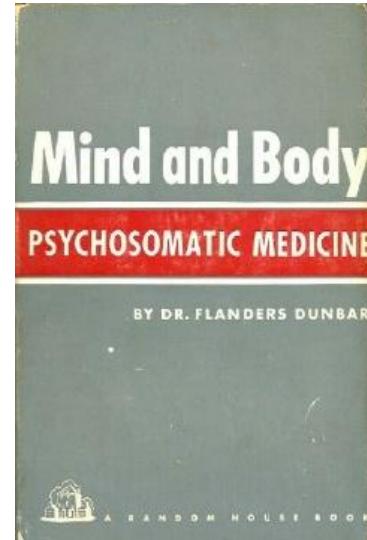
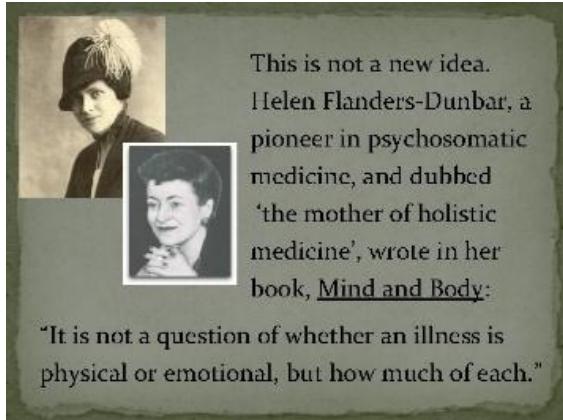
The main cause of EII is contradictory emotions brought on by the desire to rebel from doing what we subconsciously do not want to do. If someone who wishes to be a concert pianist is living in a family who are all medical doctors, that person may feel pressured into pursuing a career in medicine. The fear of being ostracised, ridiculed, disinherited, or condemned may be strong enough for that person to abandon music. This could lead to resentment, anger and frustration; negative feelings which could be strong enough to cause physical illness, especially if that person keeps their harmful emotions hidden in their subconscious mind.

What are we to do? To be healthy, a person must hide nothing from their conscious mind. They are to acknowledge what they feel and what they wish to get out of life. By writing down

their desires, setting goals to obtain what they want, committing to paying whatever the price is attached to getting their goals, and working steadfastly to reach those goals, they will find the inner peace and contentment which leads to a healthy and happy life.

What price does one pay for peace of mind? It may be giving up outside influences which do not coincide with a person's goals. In some cases, it may be abandoning friends and family. One must accept being ostracised, if that is what is needed to find happiness and peace of mind.

We all must decide for ourselves. We have one life, and we must decide, do we suffer mentally and physically throughout our life, or do we find the happiness and contentment that taking charge of our life can bring? That's food for thought.



Let the People Know

I used to live in Holman Island, now known as Ulukhaktok, a hamlet in the Canadian Arctic. In the spring of 1966, daily, aeroplanes were landing at Holman Island and other settlements, bringing students from Residential Schools who had never returned home in the ten to twelve years they had been away at school.

Also in 1966, Agnes Carpenter, a former Residential School student living in Sachs Harbour, came to Holman Island. She was travelling throughout the Arctic to solicit affidavits from Residential School survivors. For several years she had been taking these affidavits to the Royal Canadian Mounted Police, and to various newspapers, including the Vancouver Sun and the Edmonton Journal, as well as to Ed Ogle from *Time (Canada)*, and to two well-known writers, Pierre Berton and Farley Mowat. Everyone displayed sympathy and gave promises of helping her to have her accusations published; but somehow, none of her stories ever appeared in print. Agnes asked me, “Have you read the fairy tales that publishers are passing off as factual? The old people are convulsed with laughter when I read to them some of these outlandish stories about us and our way of living.”

Agnes thought she had found a friend and confederate in Duncan Pryde who was running in the first election for members of the newly formed Northwest Territorial Council. Pryde promised, when elected to the Council, he would use his influence to bring the ill treatment of children in Residential Schools to the attention of newspapers, the police, and the government hierarchy. When Pryde volunteered to solicit more stories while on his campaign trail and to take them to Ottawa, Agnes handed over to him her folder of affidavits. Pryde, along with the collection of stories, vanished, never to be seen by Agnes again.

A few years later, *Nunaga: My Land, My Country*, a book ghost written by Ed Ogle but credited to Pryde, was published. Despite being a biased, one-sided account, this book is considered a reliable source of true Arctic history and is often quoted. However, it does not mention the kidnapping and forced enrollment of children in Residential Schools as described in the affidavits that Carpenter had handed over to Pryde. Instead, this book states, “When the white man arrived in the Arctic to stay, even the older and most traditional Eskimos realized that their children must get a new kind of education, a white man’s education to make their way in the changing world”. Rather than describing how children were subjected to malnourishment, forced labour, physical abuse, sexual abuse, rape, murder, forced sterilization, and other atrocities; including being cramped together in unventilated dormitories with beds no more than a foot apart, this book states, “They [the students] lived in warm, comfortable residences with lots of room and even cupboards and furniture of their own. They soon became accustomed to three solid meals a day and grown accustomed to sleeping on soft beds between clean sheets. They learned to like that way of life”.

Carpenter’s allegations have been continuously ignored and nobody associated with Canadian Residential Schools has ever been brought to court to face their crimes. When Agnes and other former students started contacting lawyers, seeking justice, the Canadian federal government provided immunity from prosecution to everyone who was involved in Residential Schools by creating The Truth and Reconciliation Commission (TRC). The TRC was authorised to award compensation to anyone who could prove they had attended a Residential School.

Because no school records have been available, it has been very difficult, and, in some cases, impossible for some to prove they had attended a Residential School. The TRC has recorded stories from former students, and they are ensuring that these stories are forever hidden from history, and never published, not even with fictitious names to protect the innocent.

Eric DeJaeger, an Oblate priest was brought to trial and convicted of sexually abusing Inuit children and committing other perverse acts. Unlike anyone working in Residential Schools, this priest, along with many other fugitive priests, such as Johannes Rivoire, are not protected from prosecution under the TRC umbrella. However, to escape justice, many priests have fled to Europe.

After more than thirty years Canada is still refusing to apply to have Father Rivoire extradited from his sanctuary in France, and it was not the Canadian government, the RCMP, nor Interpol who was responsible for bringing DeJaeger to justice, it was Lieve Halsberghe who volunteers for SNAP, **the Survivors Network of Those Abused by Priests**. The court documents concerning pedophiles such as DeJaeger and Rivoire are freely available to all Canadians. These X-Rated documents with stories like the ones in Agnes Carpenter's collection of affidavits, provide much food for thought.

Citation: *R. v. DeJaeger, 2014 NUCJ 21*
Date: 2014/08/12
Docket: 07-02-27; 07-11-6; 07-11-8; 07-11-9; 07-11-34; 07-11-36;
07-11-37; 07-11-40; 07-11-41; 07-11-44; 07-11-54; 07-11-76;
07-11-77; 07-11-106; 07-12-1; 07-12-2; 07-12-28; 14-11-83;
15-11-52; 24-12-20; 07-13-85; 07-13-95

Registry: Iqaluit

Crown: **Her Majesty the Queen**

-and-

Accused: **Erik Jose De Jaeger**

The Scream, original painting by Kent Monkman



Outside the Box

In the working world, I was looked upon as an “idea man” who could think outside the box. I came up with many ideas for making things run more efficiently and save my employers money.

I admit, because I have very few new ideas, my reputation was mostly unwarranted. I usually got my ideas by looking at how others had solved similar problems. New problems for us, I found, are often old problems for someone else.

Thirty something years ago, I was responsible for the utilities at the University of Manitoba. I noticed that Zoology, compared to other buildings, was using an extremely large amount of water. I wondered if there wasn’t an unnoticed water leak. I found, in order to eliminate waste in Zoology’s fishponds, fresh de-chlorinated water was continually being added, causing the ponds to overflow into the sewer. I wondered, could there be a better method of removing contaminants, like fish faeces, without adding excessive amounts of fresh water?

The university provides utilities to the federally owned Freshwater Institute who also have fishponds. The water usage at this building was almost zero compared to what the university’s zoology department was using. The in-house staff at the Freshwater Institute had come up with an ingenious solution for saving water. They had piped into each pond a made-in-house system consisting of a plastic drum filled with cut-up bits of plastic tubing. Compressed air, being bubbled up from the bottom of each drum, causes the water level in the drum to rise and overflow from the drum to the pond. Water flows through a pipe from the pond to the bottom of each drum to replace the overflowing water. Bacteria growing on the little pieces of plastic tubing in the drum eat up contaminants, thus purifying the water.

Over the years, I saved various employers many times my salary just by utilising ideas which I obtained by looking at what other people were doing. I found most people are quite eager to share their ideas. However, some people are not willing to ask; they strain their brains trying to think of new ideas. They are doing things the hard way.

With interest, I have been reading about problems in Winnipeg with people riding bicycles on sidewalks. I discovered that this is a common problem in larger cities. Los Angeles is a much bigger city than Winnipeg with many times more motor vehicles, bicycles, freeways and roads, and, because of the weather, bicycles are driven twelve months of the year. Los Angeles realised that some cyclists are fearful of riding on roads, particularly slower riders such as novice cyclists, children and the elderly. These people believe they have a genuine need to ride on sidewalks. In Los Angeles, like other cities, more than ninety percent of sidewalks have no pedestrian traffic for over ninety percent of the time.

History teaches us that bullying tactics and punitive actions may appear to be quick and easy solutions, but, in the long run, these eventually exacerbate the problem and do more harm than good. In Los Angeles there was much animosity between the police and the public. Some cyclists were playing “Try and Catch Me”, a dangerous cat and mouse game, which frustrated the police. Handing out fines to cyclists was bringing in revenue, but not enough to cover the cost of enforcing the bylaw. Los Angeles decided to co-operate with cyclists rather than fighting with them. They passed a new bylaw, allowing cyclists to ride on sidewalks, as follows:

No person shall ride, operate or use a bicycle, unicycle, skateboard, cart, wagon, wheelchair, rollers skates, or any other device moved exclusively by human power, on a sidewalk, bikeway or boardwalk in a willful or wanton disregard for the safety of persons or property.

Cyclists preferring not to be slowed down by pedestrians have the option of sharing roads with motorists.

I have noticed that Winnipeg Police are giving tickets to cyclists in the inner core, who are riding bicycles on sidewalks. Meanwhile, on Pembina Highway, over the past few years, Winnipeg has designed and built bicycle paths adjacent to sidewalks in a manner which cyclists, so they may pass a bus stop, are forced to go onto the sidewalk where people congregate. Police are turning a blind eye to these cyclists who should be dismounting their bicycle and walking on the sidewalk. This seems like a double standard.

Could Winnipeg learn from Los Angeles who are saving money by cancelling plans to build new bicycle paths alongside sidewalks?

Medical Heretics

I have often stated, there is no universal definition of religion. A reader has corrected me, stating that his universal definition of religion is, *the dogmatic and stubborn holding on to irrational ideas, while ignoring and denying any information which may contradict those ideas.* Could we accept this definition for all religions? Many religious people will state, when one has 'Faith', no proof or evidence is needed to confirm that faith. For them, faith comes from instinct, not from scientific evidence or any form of proof.

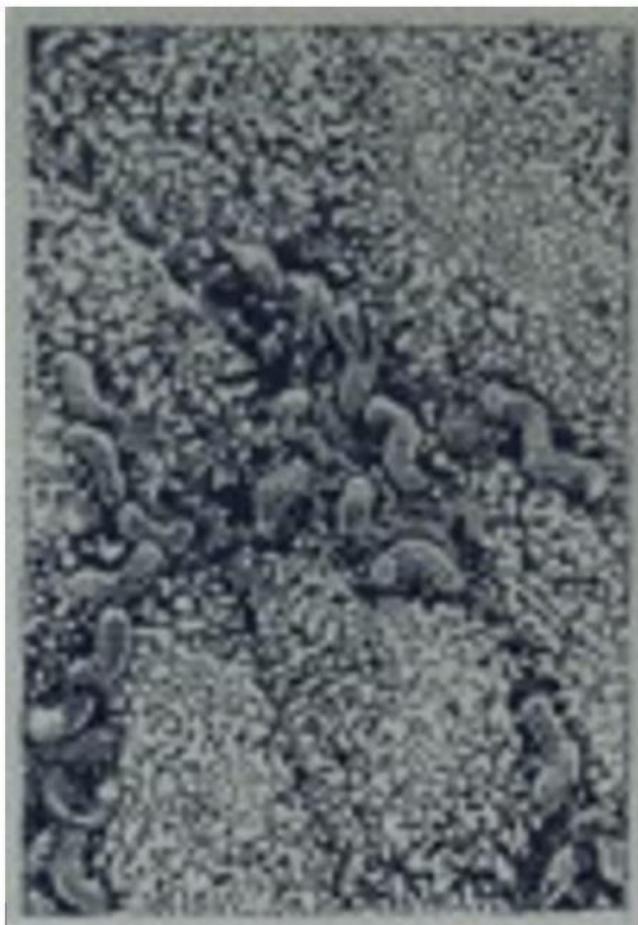
As a young boy at school, I was sometimes looked upon as a troublemaker, because, I had the habit of continually questioning what our teacher was telling us. In Science, we learned, because our stomachs are so acidic, bacteria cannot survive in them. I naïvely asked, if that is true, how do bacteria get into our intestines? The teacher could not answer my question, and medical books I found in the library confirmed that bacteria cannot survive in our stomachs. I was puzzled.

In 1979, Robin Warren, a pathologist at Royal Perth Hospital in Australia, looking at a biopsy of a patient's stomach under a microscope, insisted he could see bacteria. All of the other doctors who were working with him stated they saw nothing. They believed what they had been taught in medical school, nothing is able to survive in a human stomach. Some cynics have stated, MD stands for Medical Deity, because of how medicine is viewed as a religion by some people. Does Medicine meet my reader's definition of religion?

Robin Warren was continually told, '*Everyone*' knows bacteria cannot survive in a human stomach and medical textbooks worldwide have verified this. However, Barry Marshal, a naïve and very young, newly hired, gastroenterologist, admitted to Warren, he also saw bacteria. Warren and Marshall began working together, researching on what effects bacteria growing in a person's stomach could have on their health. The two men managed to grow some stomach bacteria on a petri dish and what they found appeared to be an unknown bacterium. In 1984 Warren and Marshal tried to publish their findings. By going against the medical establishment, they were declaring, *the emperor has no clothes*. They sent their report to the Lancet, one of the world's highest-impact medical journals. The Lancet, like all medical journals, does not publish anything unless they are able to find at least one of the author's peers who is able to verify the author's findings. Ian Munro, the editor of the Lancet, could find no other doctor to substantiate what Warren and Marshal had discovered. However, Munro, being a radical thinker, against all of his colleagues' advice, decided to publish the article. After this article was published, a few pathologists came forward and claimed that they too had found bacteria in human stomachs. Robin Warren, Barry Marshall, and Ian Munro were fortunate, several hundred years earlier, they would have been burned at the stake for their heretical ideas, just like thousands of former 'heretics' who were executed when The Spanish Inquisition pushed Europe into the Dark Ages.

To get the medical establishment to admit they were wrong was an incredible feat. But, being human, these medical men of science, not only changed their opinion, they were very quick to join the ranks and give praise to those they formally would have crucified. In 2004, Warren and Marshall were given a Nobel Prize for their discovery of a previously unknown bacteria, *Helicobacter pylori*, which doctors have since found in numerous stomach ulcers.

Helicobacter pylori, however, was not an unknown bacterium. As early as 1875, other doctors had been reporting the existence of this bacteria in human stomachs. In 1940, Abraham Stone Freedberg, a researcher at Harvard Medical School, found *Helicobacter pylori* in more than one-third of stomach ulcers. His superiors refused to have his findings published, because, 'Everyone' knows bacteria cannot survive in a human stomach, and this was verified by all medical textbooks. But what if Freedberg's research had been published? Would he have received a Nobel Prize rather than Warren and Marshall? That is food for thought.



Helicobacter pylori

Courtesy, United States Department of Health and Human Services

"Honest Abe" Lincoln, Hero or Villain?

"Everybody" knows Abraham Lincoln was a benevolent leader who sent out his "Angels in Blue" to free the slaves. But what "Everybody" knows is not always true. In fact, what "Everybody" knows is mostly not true. Does Abraham Lincoln, known as "Honest Abe", deserve this praise? What is the truth about the American Civil War?

Abraham Lincoln had very little formal education, but he read extensively; and what he read was not, for the most part, fiction. Besides law, he read philosophy and history. These books taught him about real life, and they influenced him to become one of the founding fathers of what we know today as The Republican Party.

When the American Civil War began, experts estimated, because The North overpowered The South, the war would be over within a few weeks, no more than a couple of months. The Republican Party dragged the war on for years to divert attention from the other war they were fighting. When The Civil War began, Lincoln started building a massive army. Men and boys volunteered to fight, but many more were conscripted. If a male citizen did not wish to join the army, he was allowed to hire a foreigner to fight for him. My great-great-grandfather received five-hundred dollars to have his fifteen-year-old son enter Lincoln's army as a substitute for a wealthy man's son.

The North had a couple of hundred-thousand soldiers fighting The South. However, as the war progressed, Lincoln raised an army of over one-million soldiers who did not fight The South, they marched westerly to fight another war, a secret war, a war to expand The Republic.

Lincoln's government could not afford this huge army. Lincoln solved this obstacle, just as Canada is doing today, and empires have done in the past; Lincoln began printing money which Europe viewed as counterfeit, worthless paper, because it was not backed by gold or silver. Lincoln, however, guaranteed his new currency with the untapped prosperity and wealth of his growing empire. Investors bought into this argument.

The Republican Party declared they were fighting a "Holy War" against The South, a war to free the slave. Lincoln borrowed a strategy from Pope Innocent the Third, who, like popes before him, ignored existing treaties and sent his "Holy Crusaders" into what is now Southern France, in order to "rid this area of infidels". These "Holy Crusaders" marched from city to city, exterminating every person in sight, resulting in millions of people; men, women and children being slaughtered. Nobody was spared, cities, after being thoroughly looted, were burned, incinerating millions of victims as the years progressed. The Pope's scheme was to seize lands, purge them of all inhabitants, burn the cities, and then colonise the land with uneducated, ignorant, peasants, who were too meek and powerless to question Papal authority.

Lincoln adopted Pope Innocent's strategy. He sent more than one million "Angels in Blue" westward to dig ditches to drain millions of acres of marshland, destroying the natural habit of millions of birds, fish, reptiles and mammals, including human beings. Onward these soldiers marched, burning villages and confiscating food supplies from miles of cultivated fields, denying inhabitants their source of winter nourishment. Miles and miles of croplands and grasslands were set on fire. Hundreds of millions of bison, antelope, and anything else that moved, were exterminated. People who had been living off these lands for thousands of years

perished. Behind the soldiers came colonists eager to take advantage of The Republic's offer of cheap land.

H.G. Wells wrote history books which teach readers about how real life works. These books are read by less than one percent of readers, mostly by politicians, business executives, and religious leaders. Most readers do not want to learn about real life, they wish to be entertained, to live in a world of dreams, fairy tales, and romance. This is why H.G. Wells, and other authors such as Jules Verne, also wrote fiction. Some of these two authors' fantastic stories about wars with space aliens, sea monsters, and trips to the centre of the earth, have been made into movies. *Leaven of Malice* and *The Razor's Edge*, are examples of fiction which are not fairy-tales. These books give important lessons about real people and real life. The public in general is not interested in these kinds of books.

Where do you fit in? Are you part of the one percent who read true history and realistic fiction? Or are you part of the ninety-nine percent who just want entertainment?



Eric Hoffer, America's Foremost Philosopher

"As children we are taught not to waste time, but we are raised to waste our lives."

This was an observation made by Eric Hoffer, who was often referred to as America's foremost philosopher. Despite having attended school for not even one day of his life, and being legally blind from age seven to fifteen, Eric Hoffer became the Senior Research Political Scientist at the University of California, Berkeley, where he lectured. He was also appointed as a special advisor to President Lyndon B. Johnson. This all seems incredible, but it is a true story.

Hoffer could read both English and German when he lost the ability to see. When his eyesight returned, he realised that a person who does not read is no better off than a person who cannot read. He was an insatiable reader who read every type of non-fiction he could get his hands on. For more than twenty years, he was a homeless vagabond who spent as much time as he could in libraries.

Hoffer read the essays of Michel de Montaigne at least three times. Montaigne's writings greatly influenced the French Revolution, when the oppressors, both aristocracy and church, had their lands and possessions confiscated, and they were banished from France, if they managed to escape the guillotine. When this happened, the uneducated peasants, who, for generations, had been held in servitude, became like lost sheep wandering aimlessly throughout a desert, looking for direction. The exiled oppressors, who had helped finance some of Napoleon Bonaparte's military campaigns, were eventually allowed back into France, where the peasants welcomed back their former oppressors with open arms. Somehow, these oppressors, disguised in cloaks of piety and philanthropy, managed to get the irrational peasants to declare that their quest for an autonomous, self-sufficient, existence, had been a wish for a barren and meaningless life, and their rebellion was a depraved and evil act. The peasants accepted the belief that Man, on his own, is a helpless, miserable, and sinful creature, who needs guidance.

Hoffer found it easy to make accurate predictions about the future. He could see how history repeats itself and events happen in patterns. Hoffer had read H.G. Wells', *The Outline of History*, several times, as well as many other history books, and books on philosophy, to find out how we got to where we are, and why we hold onto opinions, even if they are proven to be false.

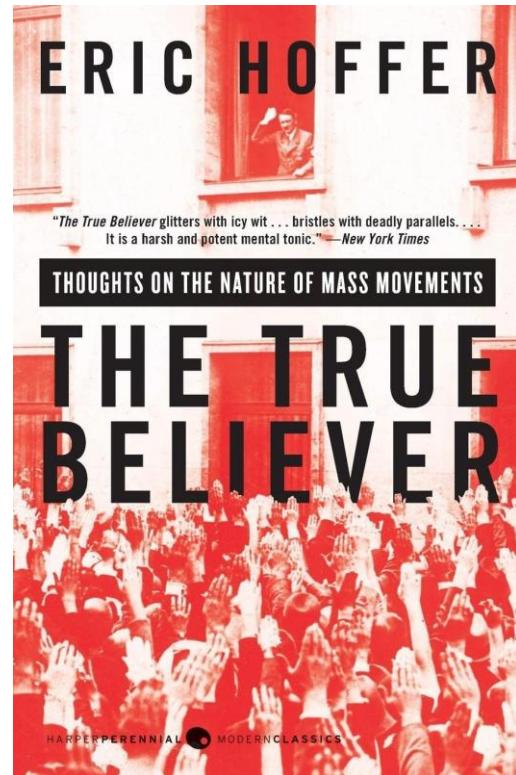
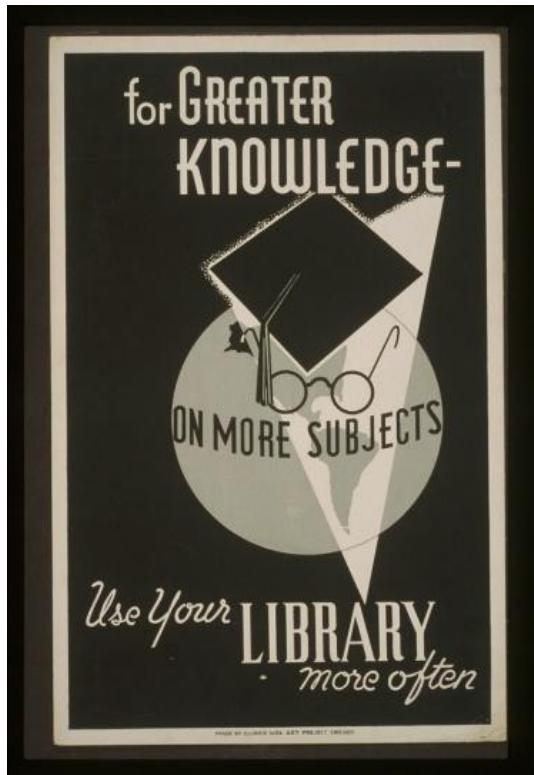
Most people, Hoffer realised, do not have one original thought in their heads for their entire lives. People who develop the ability to think, to rationalise, to solve their problems with ideas, are never bored; they have the interest and curiosity to learn and keep learning. Most people living in homeless camps never wonder why they are there, and they never try to come up with ideas on how to get out of there. They never think, and they accept their predicament as inevitable.

After the attack on Pearl Harbour, Hoffer, being physically unfit to enlist, and with the war bringing new prosperity, easily found a steady job. He moved into comfortable, clean lodgings, with a warm bed. This is when he began writing about his experiences, philosophies, and ideas, and, in 1951, he published his first book, which detailed how and why mass movements such as revolutions occur, and why people freely join demonstrations and uprisings.

Hoffer noted, to have freedom, a person must think for themselves rather than just going with the flow. A person who thinks is never bored, their heads are full of plans and ideas, while a

person who is just a follower, is constantly bored, waiting for someone else to come up with ideas. Thinkers plan their lives, while followers waste their lives.

Hoffer eventually wrote several books, lectured at university, and was interviewed frequently on radio and television. His name became a household word. Today, how many people have heard of this man, and how many today have read any of his books, which are still in print? Because his books are non-fiction, they sell to just a small group who prefer fact to fiction. Could peoples' attitudes and lives change if they read the types of books Hoffer wrote? Would they be less bored? That is food for thought.



Pollution, In and Out of our Body

A magazine article I read fifty years ago listed the ten worst foods humans could put in their mouth, Coca-Cola is number one on the list Pepsi-Cola is number two. Pepsi, the article stated, is almost as bad as Coke. Why did these two popular soft drinks top the list? First, each ten-ounce bottle of cola contains more than nine teaspoons of sugar. Drinking one cola drink per day could result in putting on a pound and a half of fat every month, eighteen pounds per year, and one hundred and eighty pounds over a ten-year period. Secondly, cola drinks contain phosphoric acid which, according to this article, leaches calcium from bones causing osteoporosis.

At the time this article was written, a forty-year-old woman living two doors down from me, was bedridden. Osteoporosis had weakened her bones so much her doctor advised her that her bones could no longer support the weight of her body. She, for as long as I could remember, drank at least six ten-ounce bottles of Coca-Cola every single day. Was the phosphoric acid in Coke the cause of her osteoporosis?

For centuries cooks have known that the right combination of sweet and sour, sugar and acid, titillate our taste buds and make us feel good all over, fooling our bodies into thinking these sweet and sour foods are good for us. Coke has perfected the recipe so that consciously we cannot taste neither the sweetness nor the sourness, we just taste something we like and crave. These types of foods and beverages make us feel good when we eat and drink them. They are our comfort foods.

Scientists agree, the one ingredient in cola drinks our bodies need and is beneficial to us is water; they disagree on how harmful the other ingredients are. Maybe, when we are thirsty, we should just drink plain water. Rather than thoughtlessly consuming drinks and foods that make us feel good but may be bad for us, maybe we should thoughtfully eat and drink foods and beverages we know are good for us and will do no harm.

When the City of Winnipeg built their new water treatment facility east of Winnipeg, they started adding phosphoric acid to all the water to enhance our drinking water. Was this a good idea? Most of the water does not end up as drinking water. Water used for bathing, showering, washing dishes and clothes or flushing toilets ends up passing through the sewage treatment plant into the Red River. This city is now planning to upgrade the sewage treatment plant at a cost of hundreds of millions of dollars to remove the phosphoric acid before the water is discharged into the river. Scientists consider the phosphoric acid to be bad for the environment. Is it also unhealthy for consumers? Let's think about that.

Like Father, Like Son

Now that we are into the second month of 2020, we can look back over the last year and try to understand some of last year's events. I marvel at how Justin Trudeau seems to always be in the limelight. Will the SNC Lavalin affair ever end? Trudeau is still being accused of illegally interfering in the justice system and covering up his deceit. But Trudeau, in a true Machiavellian way, states his intentions were good, and this should be reason enough to get him off the hook. He states he was trying to keep SNC Lavalin from collapsing, and by doing so he was preventing this company's employees from losing their jobs and he was also protecting this company's shareholders from losing their money. Would Trudeau defend my robbing a bank if my intentions were charitable, if my alleged intentions were to give the money to the poor?

Trudeau states, "Obviously, as we look back over the past year and this issue, there are things we could have, should have, would have done differently had we known, had we known all sorts of different aspects of it, but we don't get do-overs in politics. You only do the best you can to protect jobs, to respect the independence of the judiciary and that's exactly what we did every step of the way." Once more Trudeau has acknowledged he has made some "minor" mistakes. Like his father, Trudeau seems to have Teflon skin, dirt just sloughs off him like water off a duck's back.

Under Canadian laws SNC Lavalin should lose their multi-millions of dollars contracts with the federal government as well as being banned from bidding on future contracts. This is not going to happen. Why? A gentlemen's agreement has been made. Trudeau used his political power to have the law concerning fraud and government contracts changed, retroactively, to protect SNC Lavalin from losing their government contracts. SNC Lavalin is to pay a 280 million-dollar fine. But since they will hold onto their lucrative government contracts, the federal government will be receiving the fine in one pocket and giving the money back to SNC Lavalin from another pocket. In essence there will be no fine.

Who remembers or cares about Justin Trudeau's past mistakes, such as his black face? In another era his minstrel performances would have been acceptable, and his escapades would probably have been lauded, like Al Jolson, or Bing Crosby, in black face. Albert Schweitzer stated the one fault most people have in common is they just do not think, they just go with the flow. Trudeau, possibly, was just going with the flow. But, as Prime Minister, to run this country properly, Trudeau should not be just going with the flow.

I am not condoning Trudeau's behaviour. I have always had a poor opinion of him and that has not changed. I still see him as immature, pompous, and hypercritical, much the same as his father, who also made 'mistakes', but somehow always managed to get away with them.

Do you remember that, during the Second World War, Trudeau Senior paraded around Montreal while wearing a Swastika armband? Do you remember that he fled Canada to escape conscription? Do you remember that he was voted in as Prime Minister? Did you ever ask yourself how that could happen; a scupper, less than a zombie, ending up running a country of war veterans? Do you remember Jean-Louis Roux, Trudeau Senior's Swastika parading buddy who was forced to resign his position as Lieutenant-Governor when his war-time antics went public? Roux never got away with it, but, like father, like son, both Trudeaus always get away with it. How does this happen?

At the time Pierre Trudeau routinely wore a Swastika, the Swastika was not considered an obscene symbol. In Canada there are thousands of buildings, erected before the end of the Second World War, which are decorated with Swastikas. In many cultures the Swastika is a religious symbol and Swastikas adorn the exterior of houses. Archeologists claim that the Swastika is the oldest religious symbol in existence. In our culture the Latin Cross, a variation of the original Swastika, is considered, by Christians and others, as a religious symbol depicting love. Some other cultures consider the Latin Cross to be a symbol of hate and oppression. They remember that millions of people were tortured and exterminated during the Spanish Inquisition and some also remember that the Papal Doctrines of Discovery authorised Christians to attack and conquer non-Christian lands, resulting in the torture, enslavement, and annihilation of hundreds of millions of people. These acts were done under the Latin Cross which, to some, is the symbol of a sword, a symbol of hate, and not a symbol of love. Symbols mean different things to different cultures. With the influx of different cultures coming to Canada, is our society going to show consideration and tolerance for symbols these cultures have adopted, and will we expect them to show the same consideration and tolerance for the display of symbols our society has adopted?

Our society is continually changing; what is not acceptable today, may be acceptable tomorrow, and what was acceptable yesterday, may not be acceptable today. Times are always changing. What were crimes in the past have now become common and acceptable behaviour. Also, today's common and acceptable behaviours may become crimes in the future. It has always been this way.

This February, as usual, we are witnessing the ubiquitous displays of a "Red Heart", a symbol which our society has adopted as a symbol of love. However, other cultures, may argue that this symbol is obnoxious and misogynist. This "Red Heart" in no way resembles an actual human heart. Have you ever asked yourself who first drew up this symbol and what was his intent? To find out try folding this symbol from the bottom tip to a third of the way up, and, you will see a human bum at the top and a woman's triangle at the bottom. In the average person's opinion, I might be considered stupid for complaining about the general use of this symbol. However, despite mine, and some others' opinions falling on deaf ears, we may still feel justified in finding this symbol offensive. Maybe in another decade society will also find this symbol offensive. If any newcomers complain about the use of this symbol, how will we, as a society, react?

As Northrup Frye, the world-renowned Canadian philosopher, scholar, and former professor at the University of Toronto, pointed out; we, as humans, like sheep, conform, and criticize others for not conforming. Should I conform and state I find this symbol acceptable, or should I voice my concerns? Possibly, turning a blind eye and keeping my mouth shut, might be my best option, my safest option?

Can You Give Us the Facts, Just the Facts

As Mark Twain wrote, “If you do not read the newspaper, you are not informed; if you read the newspaper, you are misinformed.” Newspapers do not print the truth, the whole truth and nothing but the truth. Reporters often do not allow facts to get in the way of their stories. Despite this, in the *Winnipeg Free Press*, almost daily, we read, “63% of Canadians can’t tell the difference between legitimate and fake news. We need newspapers and their credible, independent reporting – now more than ever.”

In one *Winnipeg Free Press* article, I read, “Alice Beverly Cameron, 45, has been charged with fraud and possession of weapons and drugs.” Another reporter states, “A 31-year-old Winnipeg woman charged in connection with a collision at a crosswalk in March, in which a child was killed, was allegedly a novice driver who should not have been driving without supervision.”

The reader is told the name of the defendant in the first article but not in the second. Are reporters doing their homework to find out names? If reporters are protecting some peoples’ identities, shouldn’t we be told why?

On several occasions I have read that activists are screaming because there is a surplus of carbon dioxide in the atmosphere, which is causing global warming. I have also read that the beverage industry is threatened by a severe shortage of carbon dioxide, a valuable commodity needed to produce the bubbles in soft drinks, beer and sparkling mineral waters. How do we have a surplus and a shortage at the same time? Should we all stop drinking fizzy drinks because all the carbon dioxide ends up in the atmosphere where it may cause climate change?

Just before Christmas, in the *Winnipeg Free Press*, I read, “Santa Claus made a special visit to the Canadian NORAD Region headquarters in Winnipeg Thursday morning for a pre-flight operational briefing ahead of his magical journey on Dec. 24. The brief was held to let Santa know what NORAD is planning to do to ensure his safe passage from his home in the North Pole into Canadian airspace.”

Am I a “Grinch” for not going along with this “fake news”? Should newspapers print something that is not true, even if “everybody” knows it is not true? Does a child know the above is not true? Are there other “adult, tongue in cheek, jokes” such as this example printed in newspapers? Shortly, we will be reading about how the Easter Bunny is being tracked. What is a child to believe? What happens when children argue in the playground, when one child berates another child for being “stupid” enough to believe in Santa Claus, or the Easter Bunny? News announcers, as well as newspaper reporters, freely participate in these fabrications. How stupid do children feel when they find out these stories were all lies? Is this a form of bullying young children; of adults having a laugh at the expense of naïve and innocent children? Some psychologists state these untruths do no harm, while other psychologists believe this behaviour does extensive injury. Do children, whose families have told them the truth, feel superior to the “stupid” and “ignorant” children who have these nonsensical beliefs? Do they bully and make fun of their “gullible” classmates? Is this an example of how animosities between various groups might begin at a very young age?

Do newspapers purposely withhold truth for one reason or another? Let's look at an example from another "civilized" country, England, our Mother Country. What was the relationship between the British Royal Family and Jeffrey Epstein? What about Jimmy Savile, who was, for years, openly, and, compared to Jeffrey Epstein, more heavily involved with the Royal Family? This man, who wore a jovial cloak of philanthropy, has been exposed as the leader of a pedophile ring. His actions were first revealed by *The Oldie*, a small, little known, British magazine. A freelance reporter, Miles Goslett, story, which divulged Jimmy Savile's atrocities, was sent to seven national newspapers, before being accepted by *The Oldie*. Only after *The Oldie* printed Goslett's story did the rest of the media publish what they had, for a very long time, discussed in press circles, but never printed. For over fifty years, why did the British police turn a blind eye to what Jimmy Savile was up to? Was it to protect people in high places? Were newspapers threatened? Did they fear they might lose advertisers? Was it all a big cover-up?

Kevin Annett is alleging that pedophile rings are operating in some major Canadian cities. Annett states that for the last twelve years all media in Canada have been banned from mentioning his name or printing any of his articles. If a small publication agreed to publish him, could Kevin Annett be another Miles Goslett? Could he expose another Jimmy Savile?

If you need information, ask a teenager while they still know everything. This comment is usually given in a sarcastic way, but do some reporters take this statement literally? When they are looking for opinions, some of them skip the experts in that field and interview a teenager or a celebrity.

Who knows more about global warming, a scientist who has studied this subject, or a relatively uneducated teenager or celebrity? Have any reporters sought out the truth about global warming? Have any of them actually read any of the dozens of reports published by the Intergovernmental Panel on Climate Change?

Reports commonly declare there is "strong evidence" indicating the burning of fossil fuels is a major cause of climate change. Strong evidence is not proof, it is no more than opinion. We are not told what percentage of climate change is due to Mother Nature; who, it is commonly acknowledged, is so unpredictable accurate forecasts of future events are not possible.

For billions of years, the earth's climate has been cycling through periods of global warming and global cooling. There have been five or more major ice-ages and many more minor ice-ages, followed by global warming.

The earth has an elliptical rotation around the sun so the distance from the earth to the sun varies. When the earth gets closer to the sun, it gets warmer. Also, the earth wobbles as it rotates, and the intensity of the sun's rays at the poles varies with the tilt of the earth causing the poles to become warmer and then cooler.

As the earth's surface heats up, more water is evaporated. This water may eventually form clouds. The amount and type of clouds forming is dependent on how much dirt and dust is in the air. The clouds act as an insulation preventing the heat on earth from escaping. However, the clouds may deflect the sun's rays and prevent them from striking the earth's surface. With less sun to warm the earth, it cools, leading to global cooling. Scientists have no way of predicting cloud cover, where clouds will form, and what types of clouds they will be. Because of this, climate modellers admit that they cannot predict climate change with any degree of accuracy.

There are other natural phenomena which have an effect on climate change. The magnetic poles are continually moving. Currently they are heading towards earth's physical poles. How does this effect the earth's climate? Scientists do not know. The oceans have natural currents which are constantly changing. The same is true for air currents. Both of these have an effect on global climate, but scientists know very little about causes and effects of these currents.

The centre of the earth is so hot it is actually a fluid which has unpredictable natural currents that also affect climate change. The earth was originally as hot as the sun, but it has been cooling for billions of years. As the earth's core cools, it shrinks in size. This shrinking caused the earth's crust to crack and break, with the segments collapsing inwards and splashing around in hot, soupy, lava; much like icebergs thrashing about in a stormy ocean. As the lava cooled and hardened, it created a very rough surface with valleys and mountains of rock. Dust and dirt sprayed up from the lava to form thick, dark, clouds which completely blocked the sun, causing frigid temperatures on the earth's surface.

Is there any advantage if we switch from petroleum sources of energy to hydro, solar, and wind-generated energy? Yes. Air pollution caused by vehicle exhaust is universally acknowledged as a health hazard. The smog levels in every major city are dangerously high and are being attributed as the cause of severe health issues, and, in many cases, deaths. Also, there are definite advantages to phasing out the production and use of chlorofluorocarbons (CFCs) and hydro-chlorofluorocarbons (HCFCs). These chemicals break down into deadly poisonous gases, at least two of which, phosgene and chlorine, have been used in chemical warfare.

Do some of the articles in periodicals describing the concerns of frantic activists about global warming, bring to mind "Chicken Little"? While reading these articles can you picture a frenzied chicken fluttering around the globe, spouting off about doomsday coming, while hysterical and fanatical flocks of sheep are chasing after her, frantically baaing in agreement? Does it almost seem like a religion? Does it bring to mind the cold war in the nineteen-fifties when children were told they would never see adulthood because a nuclear war was inevitable, and we will all be blown to smithereens? Activists declared we were on the eve of destruction. Our journey to the "Age of Reason" was abandoned. Nobody could agree on which road to take. Many young people were dropping out of mainstream society, shunning the establishment, abandoning traditional religions, joining hippie and beatnik worlds; and, in an attempt to escape living, regularly drinking alcohol, smoking pot, and taking psychedelic drugs. Frenzied activists flocked and demonstrated in major cities and on university campuses while displaying "Ban the Bomb" placards.

Eventually, disillusioned with this world, and afraid of the future, many sought a leader, a saviour, a sanctuary, and an afterlife. Religion, offering all this, became the big winner. Evangelical preachers popped up like mushrooms, with politicians courting them, having the knowledge that the congregation would vote according to their leader's wishes. Super-evangelist, Billy Graham, smiled all the way to the bank, pausing on occasion to purchase another mansion, or a few brand-new Cadillacs; while his previous mentor, the newly reformed Charles Templeton, declared it was all a scam, there was no heaven, no hell, and no God; and for anyone who cared to listen, he could provide proof, the same proof that Gerald Massey, H. G. Wells, Alvin Boyd Coon, Albert Schweitzer, and many others had been shouting for hundreds of years. His words however, for the most part, fell on deaf ears. Few wanted to hear it. Templeton explained that people are not usually influenced by rational dialogue, but are easily manipulated

through emotion; with fear being the most effective tool. In fear, people lose all rationality, flocking to any mirage or promise of a safe haven.

Former Beatle, John Lennon, sang out that we should make love not war, asking everyone to imagine living in a world of peace, with no countries, no religion, and nothing to die for. He was assassinated. For most, religion was accepted as a cheap source of comfort, and as insurance for eternal happiness. Fear-mongers ruled and many reactionaries refused to bring children into a doomed world. Today, some of these people are stating their biggest regret is that they will never have grandchildren.

Once again, activists are predicting doomsday, not from nuclear war, but from climate change. What if it is proven that Man's impact on climate change is insignificant? How will these activists feel if doomsday doesn't come? Is history repeating itself? Has climate change replaced the nuclear threat? Who will be the winner this time around?

Changing Your Attitude Can Change Your Life

Walt Disney, Will Rogers and Mark Twain all agreed that we are just as happy as we make up our minds to be. It's all a matter of attitude. Gerald Massey, the Egyptologist, indicated that for at least ten-thousand years philosophers have known that we may change our lives by changing our attitudes. Two men look through bars; one sees mud, the other sees stars.

Eric Berne, the Canadian psychiatrist, pointed out that the average person in our society will try to change everybody's attitude except their own. Social games are played as a competition to see who controls the other. Dr. Berne stated, the key to happiness and success is to allow everyone to deal with their own attitude, and you deal with yours. When someone makes you angry, they are controlling you, and, as Eleanor Roosevelt pointed out, nobody can make you angry without your permission.

Do we give people permission to make us angry, fearful, or panicky? Do activists, demonstrating about global warming, bring to mind "Chicken Little"? Do they remind you of fanatical flocks of sheep baaing about the end of the world? Does it make you think about the atomic bomb crisis of the nineteen-fifties when terrified children were ordered, whenever the air-raid siren sounded, to immediately "duck and cover" under their desks? We were told that we were living on the eve of destruction. Adolescents began dropping out of mainstream society, joining hippie and beatnik worlds; regularly drinking alcohol, smoking pot, and taking psychedelic drugs. Many sought guidance, a leader, a saviour, and a sanctuary. Life as slaves who made no decisions seemed appealing.



Religion, offering security and eternal happiness, became the big winner. Many young people joined cults. Evangelical preachers popped up like mushrooms. Knowing that congregations normally vote according to their leader's wishes, politicians actively courted spiritual leaders, especially the very successful super-evangelist, Billy Graham, who smiled all the way to the bank; while his previous mentor, teacher, and partner, the newly reformed Charles Templeton, declared it was all a big scam; there was no heaven, no hell, and no gods; and for anyone who cared to listen, he could provide proof, the same proof that Gerald Massey, H. G. Wells, Alvin Boyd Coon, Albert Schweitzer, Northrup Frye, Robert Ingersoll, Thomas Edison, Will Durant, and many others had been proclaiming for hundreds of years. Templeton explained

that people are not usually influenced by rational dialogue, but are generally manipulated through emotion; with fear being the most effective tool, since fearful people lose all rationality and willingly flock to any mirage or promise of a safe haven. Templeton pointed out that no religion could honestly guarantee salvation or eternal happiness.

Former Beatle, John Lennon, sang out that we should make love, not war, asking everyone to imagine living in a world of peace, with no countries, no religion, and nothing to die for. He was assassinated.

Today, books written by authors such as Richard Dawkins, Daniel Dennett, Bertrand Russel, Tom Harpur, and Sam Harris, are in agreement with Charles Templeton. These books, for the most part, are ignored by readers, and by the media. Our leaders have commonly known that it's hard to control human beings who are rational. Rational people are not easily influenced by emotion and cheap advertisements.

Fear-mongers are telling us that there is "strong evidence" indicating the burning of fossil fuels is a major cause of global warming. Strong evidence is not proof, it is no more than opinion. However, scientists agree it would be to our benefit if we switched from petroleum sources of energy to hydro, solar, and wind-generated energy. In every major city, the smog levels caused by vehicle exhaust are dangerously high. Also, we should be phasing out the production and use of chlorofluorocarbons (CFCs) and hydro-chlorofluorocarbons (HCFCs). These chemicals break down into poisonous gases, at least two of which, phosgene and chlorine, have been used in chemical warfare.

Look back in history. We have always had doom and gloom. However, we have always had the alternative, something to be grateful for, and something to smile about. Change your attitude and you will change your life.

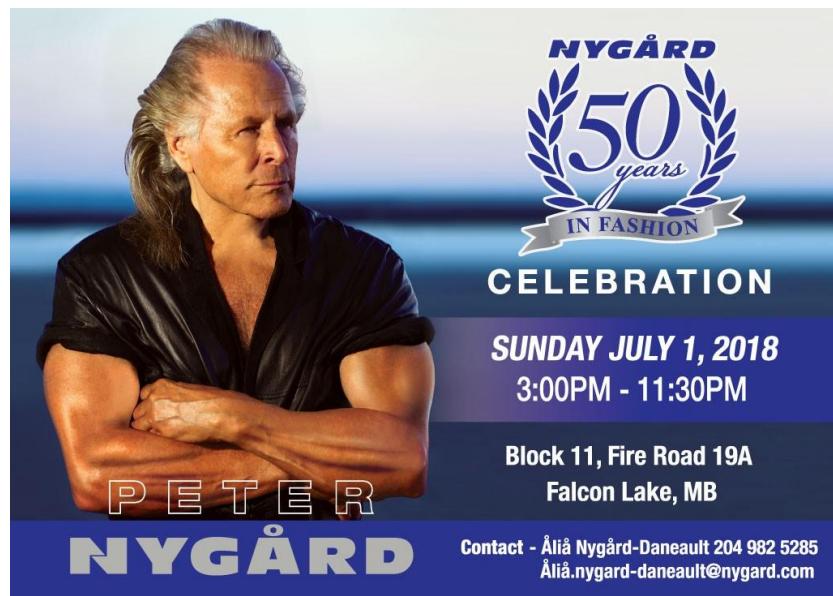
Fake News

“If you do not read the newspaper, you are not informed; if you read the newspaper, you are misinformed.” So said Mark Twain.

Does mainstream news publish false stories? Definitely, for young children, they do. We are annually given details on how NORAD tracks Santa Claus. Recently, we were told the Easter Bunny and Tooth-Fairy are considered essential services, unaffected by Covid-19.

Am I a “Grinch” for questioning this “fake news”? Should reporters publish what is not true, even if “Everybody” knows it is not true? What other “adult, tongue in cheek, jokes” appear in newspapers? Do animosities between various groups begin at a very young age when some children berate fellow schoolmates for their “stupid” belief in Santa Claus? Are adults having a laugh at the expense of naïve, innocent, and gullible children? Some psychologists assert that these type of “innocent white lies” do children no harm, while other psychologists believe this behaviour does extensive injury.

Reporters knew what Peter Nygård was up to thirty years ago, but chose to turn a blind-eye. Nygård was involved with members of the British Royal Family. The Royal Family was also involved with Jeffrey Epstein and Sir James Wilson Vincent Savile OBE KCSG (Jimmy Savile). For more than forty years Dr. Kevin Annett, a former United Church minister, has been alleging that Canada has several pedophile rings run by influential men. Annett also alleges, for more than a dozen years now, all media in Canada have been banned from mentioning his name or printing any of his articles.



British newspapers are now admitting, for over fifty years, they, as well as the British police, were turning a blind-eye towards Jimmy Savile's activities. Seven national British newspapers refused to publish a story from Miles Goslett, a freelance reporter, before *The Oldie*, a small little known British publication, printed Goslett's story which exposed Jimmy Savile's atrocities. It was only then did other reporters admit that Savile's activities had long been discussed in their press circles, but never published. Johnny Rotten, of the Sex Pistols, claims that, as far back as 1978, he was banned by BBC, and silenced with threats of libel lawsuits when he tried to expose Jimmy Savile.

Recently, world-wide newspapers were printing stories about pedophile cover-ups by all levels of governments, various religious institutions, as well as mainstream media. Do we have cover-ups in Winnipeg? If I provide Winnipeg police with a video of a man illegally soliciting sex on the street, I am considered the criminal. Authorities accuse me of invading this man's privacy, and harassing him; as if he is the victim. Winnipeg police admit their mandate is not to arrest johns, they claim they are out to help the young girls whom these men are exploiting. Male police officers pose as johns in order to apprehend these girls who are then branded for life as sex workers. The Canadian Women's Foundation recommends, "Reverse stings, where female police officers pose as women engaged in prostitution" in order to arrest johns.

When Winnipeg police arrest underage girls, they claim they take them to a "safe place", a euphemism for a gaol of one sort or another. Police, once in a while, will pick up a few johns and send them to a one day "John School". No criminal charges are brought against these johns and no records are kept. This goes against The Canadian Women's Foundation recommendations of "shaming" by "publicizing the identities of arrested johns through news outlets, police websites, and/or billboards." They also recommend cameras should be used, "to discourage sex buyers and to provide evidence against them."

In Winnipeg, girls as young as eleven, and possibly younger, have been forced into prostitution and are working the streets. They are being exploited. They are the true victims who will eventually end up either behind bars or dead. If there were no johns, there would be no prostitutes. Why is Manitoba not following the Canadian Women's Foundation's recommendations for getting the johns off the streets?

Today, is it because of the Covid-19 pandemic dominating the news, that sex exploitation and pedophilia are no longer mentioned? Or, is this just the beginning of another cover-up?

Do As I Say

As a child, adults would advise me to, “Do as I say, not as I do.” I was frequently told not to smoke, which, in the 1950’s, literally everyone I knew did. To me, smoking cigarettes and adulthood went together. At fifteen, I was smoking regularly, and by twenty, I was consuming two packs of Player’s Plain daily.

In nineteen-sixty-eight, *Radio Southern Manitoba* was broadcasting a syndicated radio program, *Our Changing World*, written and narrated by Earl Nightingale, whose recording, *The Strangest Secret*, in the early 1950’s, sold over a million copies. Back then, society was moving towards *The Age of Reason*, towards a philosophy of individualism, reasoning, and independence. By the late 1960’s, Earl Nightingale’s popularity was waning. Society was changing directions and heading towards an age of conforming.

Many returning veterans from The Second World War, who previously never got an education, were taking classes. At that time, standard education emphasised logical, scientific, thinking, along with independence of individuals. Many of these students were influenced by Earl Nightingale and others like him, who praised non-conformists, such as Henry Ford, Thomas Edison, Harvey Firestone, and Andrew Carnegie.

By the late 1950’s, standard education was moving away from individualism and towards conforming to the “Norm”. Earl Nightingale stated it took little effort for one to conform and, he observed, for most people, rebelling meant joining another group and conforming to that group. Nightingale professed that we all had the power within ourselves to control our own mind and body, and if we did not take control of ourselves, someone else would, and we would become no more than a volunteer slave.

I started questioning the “Norm”, and, at age twenty, I quit smoking. As Dr. Eric Berne predicted, and like many, many, thousands before me, I had no withdrawal symptoms. Dr. Berne, was a Canadian psychiatrist living in California. His revolutionary books were selling in the millions. Today, the establishment is discrediting Dr. Berne, declaring that his ideas are non-conformist. In his book, *Games People Play*, Dr. Berne emphatically states, there is no such thing as an alcoholic, or any other form of addiction. He gives examples, as well as evidence, to prove his statements.

When I quit smoking, I was mocked; but today, smoking tobacco is no longer acceptable. That’s the trouble with conforming, one must stay in touch with what “Everybody” is doing. What one society considers rational, another may consider irrational. When “Everybody” is doing something, we accept it as being good and normal. But, “Everybody” is not everybody in the world.

Earl Nightingale explained what *The Strangest Secret* was. Thousands of books in libraries all over the world explain how to take charge of one’s own life, how to set goals and steadfastly work towards these goals to accomplish whatever one desires. This idea is a secret to most people, because they never bother to look for, and read these books.

To be happy and successful, one has to move away from the herd, be an individual, and set one’s own course in life. Education must be ongoing. Habits of reading, studying, and continual learning have to be developed. Most people never succeed because they never think

about what they are doing, and where they are going. People in power, however, prefer that we conform. It is difficult to control people individually, but easy to steer a herd of conformists, a flock of sheep. Army generals have always known this. They do not want foot-soldiers who think.

Most people prefer to watch a circus, a football game, or a sitcom, rather than reading a book. If anyone does read, they usually prefer to read a comic book, a detective novel, or a Harlequin Romance, but not an educational book. In every society, modern and historical, most of what people commonly believe to be true, may be shown to be false; and most of what they believe to be false, may be shown to be true. Is our society different? What are our common beliefs? Will they, like our attitude towards smoking, change with time? What are your beliefs? Have you ever questioned them? Is there evidence they may be false?

Babies, To Order

Very soon you may be able to custom order your next baby, any size, any shape, and any colour. Scientists the world over now have the ability to design and produce human beings with special options, much like buying a new car. In all major countries scientists have successfully modified the genetic code (DNA) in various plants and animals. China claimed to be the first country to successfully modify the DNA in humans when twin girls with some switched genes were born there. One switched gene, CCR5, may give these babies above average intelligence.

Advancements in science have given biologists the ability to identify any gene and replace it with another gene. Do you wish to have a baby with blonde hair, dark hair, red hair, blue eyes, green eyes or brown eyes? Parents may soon be giving their doctors a wish list of what they want in their new baby.

With the aid of bacteria, in a method known as CRISPR (clusters of regularly interspaced short palindromic repeats), scientists are able to cut out and replace genes in a baby's DNA, resulting in changing that baby's traits, such as their looks, intellect, and resistance to disease. Like a trained bloodhound, bacteria are instructed to sniff-out a certain gene, cut it out, and replace it with another gene. Why is it possible to replace a blue-eyed gene from one person with a brown-eyed gene from someone else? It is because all humans are related, we all share the same DNA which can be traced back to the earliest human-like animals, *Homo erectus*, whose fossils, discovered in East Africa, date back to 1.8 million years ago. All humans also share DNA from *Homo heidelbergensis* who lived in Ethiopia, Zambia and South Africa sometime between 500,000 and 600,000 years ago. Around 200,000 years ago, anatomically modern humans, the first *Homo sapiens*, were living in Ethiopia. We are all descended from these early *Homo sapiens*, some of whom migrated from Africa less than 100,000 years ago to colonise Europe, and eventually colonise the whole world. A recent discovery shows that all humans also share gene flow with another early human-like creature, Neanderthal man. Because all humans share genes of common ancestors, any two humans, regardless of race or colour, may mate and produce viable offspring. We are all-one, all the same. As Charles Darwin pointed out, our differences are, in fact, mutations caused by our bodies trying to cope with a changing environment. In nature, it is not the most intelligent, or the strongest, that survive; it is the most adaptable. These adaptations may result in changes in looks, including the colour of skin and hair.

In fact, our genes are continually changing. Catching a virus, being vaccinated, being exposed to chemicals, or smoking cigarettes, may cause our genes to change, giving our offspring a better, or sometimes a worse, chance of survival. Occasionally, rather than protecting us, the altered gene may end up causing an illness, such as cancer, diabetes, Parkinson's disease, or any one of many genetic diseases. With new technology, these mistakes may now be corrected by replacing the damaged genes with genes that do not cause illness. However, any gene, not only the damaged ones, may be swapped out for a gene of our choice. We may swap out genes to give humans a larger brain, a more athletic body, a tendency to not gain surplus weight, a different skin colour, or whatever trait one may wish for.

All this research finally proves that the idea of different races of people is just a myth, we are basically all the same, having come from the same ancestors.

Where will all this gene swapping lead to? Will scientists, now that they have the know-how, try to produce a new super-baby? Time will tell. The way this science is quickly progressing, it may be in the very near future, a new “superior” race of people may be developed. What this new race will look like and act like depends on who will make choices as to what is a desirable trait, and what is not. For me, this is definitely food for thought.

Be Careful What You Ask For

We may not always get what we want in life, but we usually get what we are asking for. A New York court judge was criticized when he told a young victim of rape that by jogging through Central Park, after dark, while alone, and wearing nothing but a skimpy bikini, put her in jeopardy for being sexually assaulted. This young woman accepted no responsibility for what happened, responding that it was the obligation of the police to keep her safe, and they did not do their job.

Wouldn't it be nice if we lived in a civilisation where people never had any fear of being molested or harmed? If the New York judge was correct, maybe we are in some way silently asking for what we receive. Possibly, if we change our ways, and, maybe our attitude, we could indeed have a society where all people would be treated with respect, and nobody would be in fear of being maltreated or abused. Could we do anything differently in order to have such a society?

People who begin feeding wild birds in their yard may soon find that the birdseed attracts many other creatures, such as squirrels, rabbits, raccoons and even bears; all of which are just too happy to get a free meal. Some people become annoyed to find these unwanted intruders and they may stop filling their birdfeeders. But ornithologists state that once we begin feeding birds we must continue to feed them, because they become dependent on the food provided and quickly lose their ability to fend for themselves.

Some of our citizens become annoyed if strangers on the street pester them for a handout. If nobody gave these people money, they would probably stop panhandling. Is this the correct way to end this "annoyance"? Is my handing out money encouraging these people to continue with their behaviour? If food banks and soup kitchens were all shut down, would the patrons of these places starve, or would they find another way to find food?

How often do you ask yourself what your attitude and actions are inviting? If you say you want friends and you are constantly insulting strangers, what are you truly asking for? Are you going to cultivate new friends by being rude to people?

Good health is at the top of the list of what the average person claims to want in life. But, are some people's actions putting across a secret desire for sickness. How many are willing to take the time to learn about foods and how to prepare delicious and healthy meals in their own home? Why are sales of soda pop continuously rising when it is common knowledge that sugar laden soft drinks are extremely bad for one's health? Why do people put sugar coated breakfast foods into a bowl and call it a healthy cereal? Is it because the label states the box contains a few processed oats along with some vitamins mixed in with the sugar? Children grow up on this candy in a bowl, often eating it straight from the box. Will they grow up to be healthy?

Dale Carnegie, in his book, *How to Win Friends and Influence People*, stated that the most beneficial exercise he ever did was to begin keeping a diary which he reviewed daily to see how he could improve his relationships with people. When he began this exercise, he was shocked at how many blunders he was making, and he came to understand that he was getting back from people exactly what he was dishing out. He found that reviewing these daily events often made him very unhappy and ashamed. He decided to mend his ways by treating people as

he wanted them to treat him. With time, his blunders became less frequent, and sometimes he was inclined to pat himself on the back a little for how he had handled a certain situation. By changing his actions, and his attitude, he improved his relationships, and his life changed, for the better.

Using Why, The Most Important Word in Our Language

“Christianity is the greater shackle, the greater rape of the Black mind, than slavery ever was.”

Barbara Hillary stated the above, and she believed it to be true. Some people gave her praise for speaking her mind, others condemned her. In our society, not so many years ago, Barbara Hillary would have been burned alive at the stake for such heretical and blasphemous affirmations.

At age 75, Ms. Hillary became famous for being the first Black woman to stand on top of the North Pole. Despite being a celebrity who was interviewed by every major publication in the USA, only *The New Yorker* mentioned her religious feelings. At age 65, when Ms. Hillary went skydiving, *The New Yorker* stated that she was afraid of nothing except “religious people”. The reporter worded this in a facetious and sarcastic manner, implying that it was a joke, rather than a statement. Instead of making a jest of it, maybe the reporter should have stated why Barbara Hillary had a fear of “religious people”. Today, rather than having heretics burned at the stake, our society ignores them, ostracises them, and makes fun of them. Is this a form of passive censorship?

Napoleon Hill, Dale Carnegie, and Mark Twain all agreed that “why” is the most important word in the English language. Wouldn’t it be nice to know why Barbara Hillary was critical of Christianity? She explained, “I ask my friends why they believe in God, and they say, ‘I believe because I believe.’ I ask, ‘Who taught you?’ They say, ‘My mother.’ I ask, ‘Well who taught her?’ They cannot accept that originally it was the slave-master. They just wipe that part out. So now you have a whole race of people bogged down in religion. Now, you have to have a lieutenant. The White slave-master couldn’t control all those slaves effectively, so we got the Black clergyman, the lieutenant of racism. Generation after generation it continued, and by now, for women in my age bracket, it is inconceivable that there’s no White Jesus Christ. On Sunday mornings you have millions of dollars going into the pockets of this exclusive group of Black clergy who live like kings. And you are so programmed that you cannot think beyond, ‘Massa is gonna provide.’ Everything must come from this White benevolent person, even Santa Claus!”

Why is “why” considered the most important word in the English language? When we ask a person, in a genuine manner, why they believe a certain thing, their answer may change our opinion, or, as it sometimes happens, the person being asked is forced to have another look at their own opinion; and in doing so, may come to realise that they have been wrong. A coin has two sides and an edge. When we ask what the other person’s side of the coin looks like, we are forced to look at their viewpoint, their angle of perception. We both may be right, and possibly, we both may be mistaken. Usually, nothing is clear-cut, there is no black and white, only grey. When we can find no proof of right or wrong, we must acknowledge personal opinions.

It is so easy to condemn and so difficult to understand. By trying to understand where someone is coming from, possibly they may be willing to try and understand where you are coming from. Most conversation is discussion, a word which has the same root as percussion, to hit. In a discussion two people take turns bashing each other. However, with dialogue, each person is trying to understand why the other’s opinion differs from their own.

It would have been nice if a reporter had asked Barbara Hillary why she was an ardent atheist. Possibly her answer could have had a positive effect on some people? Possibly her words could have been food for thought, causing some people to begin thinking for a change? Maybe some would be inspired to read the Christian Doctrines of Discovery, which are entrenched in International Law, Canadian Law, USA Law, English Law, et cetera, and have been used as justification for countless atrocities, including slavery. Today, very few are aware of Barbara Hillary's philosophies about why Black people remain down-trodden? She was never given a proper voice.

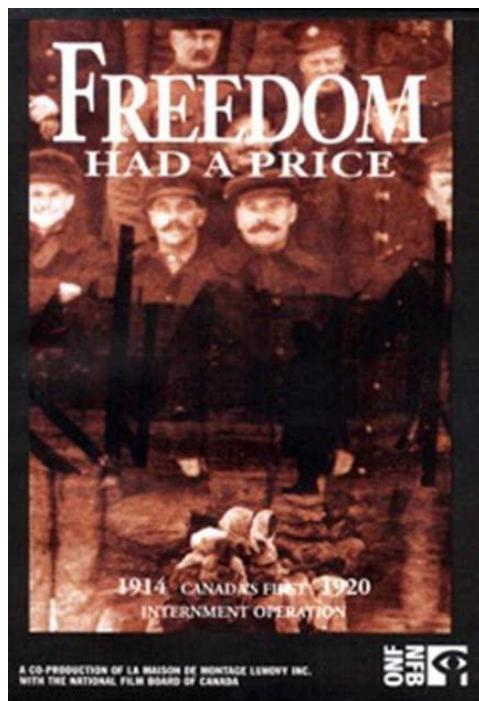
Freedom Had a Price

A few years ago, when the Canadian Museum for Human Rights had just recently opened for business, I ran into a very strange woman who described the new museum as a metaphor indicating how duplicitous and hypocritical Canada really is.

One evening I was sitting on a park bench while in a state of depression. I was oblivious to the new museum even though it was directly in front of me. My excuse for not noticing it was the fact it was almost hidden by trees. I acknowledge, being winter, these trees were leafless, and the museum should be easily noticed through the bare branches.

While sitting in my daydream, a voice began to irritate me, and I began to become angry. My anger retreated as I turned to face a little, old, frail-looking, white-haired lady, seated on my bench. Despite being a stranger, she was speaking to me in a very congenial manner, stating that this new museum was just a bunch of poppycock and propaganda. She asked me to concentrate deeply on the building and to tell her what I saw. I answered that it may have been an architect's dream, but it certainly looked like a workman's nightmare.

She smiled and chuckled as she insisted, I use my imagination and concentrate on the shadows formed by the declining sun. She asked me to try and make out knuckles, a thumb, and a finger. Squinting, I twisted my head and, as she announced that it was, "*The Trudeau Salute, Pierre's signature fuddle-duddle gesture*", I immediately burst into hysterical laughter. I could clearly see the fist, the thumb, and a finger making a very rude gesture. My gut ached so badly I had to put my head between my knees to relieve the pain.



With tears rolling down my cheeks, I managed to subdue my mirth long enough to raise my head slightly and look at this seemingly harmless lady who was smiling and chuckling. As I gained control of myself, she asked if I felt better. I was amazed, my depression had lifted. She giggled as she declared, “A good belly laugh does it every time”.

She continued, “The architect is probably laughing up his sleeve because this gesticulation seems to be telling us that we should take our human rights and shove them right where the sun don’t shine.” Despite her words, she did not appear the least bit angry. In fact, she seemed as happy as a clam. I wondered if she might be off her rocker. However, truth be told, I was beginning to enjoy her company.

She asked if I thought her to be mad. I was dumbstruck, and I began to wonder, with her recognising my depression, and now stating what was on my mind, if she was clairvoyant. She asked if I would like to hear her story, and I must admit, I was anxious to.

She told me that she had been very lucky throughout her life, “If I wasn’t such an atheist, I would declare it was only by the grace of God I’m not a complete vegetable like my childhood friend. You won’t find her story in that building.” She described how her friend, who, like tens of thousands of other young girls in Canada, was given a double lobotomy, which turned her into, more or less, a monkey, with no rational powers or will of her own.

She then told me that, if I did visit the museum, I was to be certain to look at the Canada Truth and Reconciliation Commission display. She described how the Residential School survivors’ personal stories were all locked away. “These documents are hidden and scheduled to be destroyed so nobody will read them and find out what really did happen.”

She carried on, telling me, there were many more “hidden” stories about Canada which this museum does not mention. “In Canada there were dozens of slave labour camps scattered about the country. It wasn’t Black people, as some would assume, but White-Slavic people who were incarcerated; the same White-Slavic people Adolph Hitler had declared to be sub-human. He interred them by the millions in his slave labour camps and concentration camps all throughout Europe.”

With a little research, I came across an older National Film Board documentary, *Freedom Had a Price*, which describes Canada’s slave labour camps being filled with innocent men, women, and children. This evidence told me this woman knew what she is talking about. What other “secrets”, which are not in that museum, will my research uncover? That’s food for thought.

Is Yesterday Today?

Is history about to repeat itself? Are you able to remember how, forty years ago, Pierre Trudeau, with arrogant disregard for Canada and the well-being of Canadians, drove this country into such chaos that, to this day, we haven't even begun to recover? Is Justin following in his father's footsteps?

The latest ignominy with Justin Trudeau and WE is no surprise. As his father often did, Justin thumbed his nose at the Ethics Commissioner and, with hubris, took his family for an all-inclusive free holiday to a private island owned by the Aga Khan.

If Justin had not been caught with his hand in the cookie jar, he would have handed over hundreds of millions of tax payers' dollars to WE, so that they could pay their voluntourists a salary. Justin and his family have very close ties to WE. They have been paid to speak at many WE events and Justin's wife contracted COVID-19 while on an all-inclusive vacation in London, England, paid for by WE.

Pierre Trudeau triggered runaway inflation by his massive spending which increased the national debt so much that interest rates rose so drastically that housing mortgages were over 20%. Many young Canadians lost their homes to the banks. Justin, like his father, spends taxpayers' money like a drunken sailor.

Justin has revealed to all of us that charities are BIG BUSINESS, and there is BIG MONEY to be made in charities. Charity employees and speakers often make in the hundreds of thousands and even millions of dollars a year. How much money did Trudeau, along with his friends and family, receive from WE? These payments are not paid directly to the speakers, they are paid through Speakers' Spotlight, the agent for the Trudeau family, as well as for the Kielburger brothers.

Justin's mother began working with Speakers' Spotlight over twenty years ago while keeping her job as a paid employee of a charity. Craig and Marc Kielburger joined Speakers' Spotlight a short while later, and, in 2005, Justin Trudeau also joined Speakers' Spotlight. In 2007, the year Justin began speaking at WE youth rallies, his earnings from speaker fees were \$462,000. He, along with Craig Kielburger, known as the Pied Piper, connected with young impressionable up-and-coming voters by preaching the new gospel, humans are responsible for Global Warming and Climate Change. However, WE, working as a team, can create a new world where everyone will have food, clean water, and shelter. There will be no need to look for work, everyone will enjoy a guaranteed income. And remember, a vote for Trudeau is a vote for WE. Justin and his wife, at various WE gatherings, would often entertain as a team, bantering back and forth like Abbot and Costello.

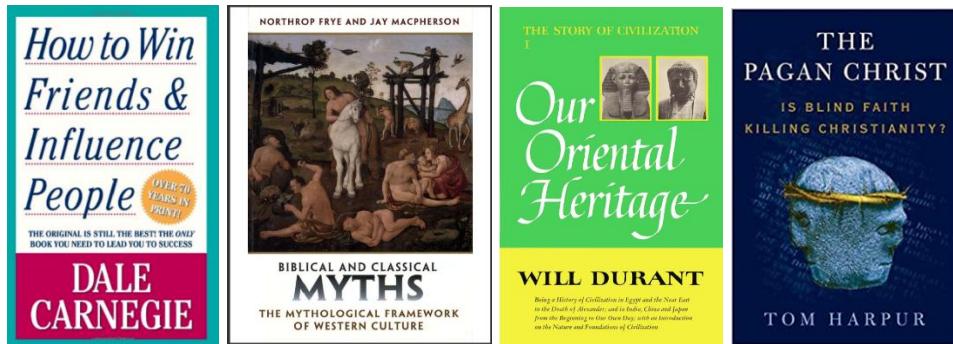
In the House of Commons, Justin referred to himself repeatedly as a "professional fundraiser". Moonlighting, while a member of parliament, he was receiving thousands of dollars in fees for speaking at charitable events. Trudeau argued that some people did not understand fundraising techniques if they think no one should ever get paid for helping charities raise money.

The business of charity has become so lucrative that thousands, like Trudeau and members of his family, have become "professional fundraisers". In 2018, the average salary for a

Certified Fund Raising Executive (CFRE) in the USA was \$280,530 (\$380,000 CDN). Some CFRE salaries run into the millions. NICE WORK, if you can get it.

Authors, such as the late Christopher Hitchens, *The Missionary Position*, and Jason Berry, *Render unto Rome*, describe how millions of dollars sometimes disappear from charity bank accounts, leaving no trace. Mr. Hitchens noted, sardonically, that, “saints, it seems, are immune to audit”. Charities have been used to launder money, as a tax dodge, as a cover for pedophile rings, human trafficking, and other crimes; yet, authorities have been shown to often turn a blind eye, stating, investigation into these activities is costly and allegations are hard to prove. Most charities have subsidiaries, and money is freely passed around between the various sub-charities, making it very difficult to follow the money. Is it time for us to recognise that charities are businesses, and they should be treated the same as any other business, including paying taxes?

The Source of All Evil?



“Yet, as we know, no evil has been more violent or disruptive or cruel than religion down through history.”

Why would a well-respected Anglican priest make such a harsh statement? In his more senior years, Reverend Thomas William Harpur (Tom Harpur), moved away from the study of theology and began to study the history of religion. It was only then did he understand how evil and malevolent religions have always been.

It was a hard pill for Tom Harpur to swallow when he realized that theology is not logical. It took several years for fellow professors at the University of Toronto to convince Tom Harpur that it was the study of history, algebra, trigonometry, music, psychology, science, and even Shakespeare that help to develop logic by providing analytical thinking. People without logic are no more than puppets, easily manipulated by anyone who manages to get a hold of their strings.

In his textbook for business executives, politicians, and other leaders, *How to Win Friends and Influence People*, Dale Carnegie stated, “Few people are logical. Most of us are prejudiced and biased. Most of us are blighted with preconceived notions, with jealousy, suspicion, fear, envy and pride.” Tom Harpur’s friend and colleague, Northrop Frye, agreed with Carnegie, comparing conventional people to sheep, “stupid, affectionate, gregarious, and easily stampeded”. Leaders often refer to their subjects as their flock, and themselves as shepherds. The meaning of the word pastor is shepherd.

Tom Harpur, while researching ancient manuscripts, came across confirmations of what he had been told; the metaphor of the ruler as the shepherd of his people went back to Egypt, the mother of all subsequent civilisations, where, over five-thousand years ago, people worshiped Atum, (God the Father), Ra, (the Holy Spirit), and Horus, (God the Son), also known as Krst, the Light of the World. Horus was born of a virgin on December 25th. Three magi announced the birth of Horus, the bringer of peace and eternal life. Travelling with twelve male companions, and carrying a shepherd’s crook on his shoulder, Horus came to be known as the Good Shepherd.

Throughout history, Egypt was repeatedly invaded and Egyptian refugees fled to all parts of our World, taking their religions with them. These Egyptian religions morphed over time to become our modern religions which still show signs of Egyptian mythology. Because of science, changes have been made to some of the myths. For example, most modern religions no longer teach that our Sun is a god who revolves around our Earth.

Tom Harpur stated that in all of his years of tending his flock as an Anglican priest, as well as studying and teaching theology, he never once came upon any mention of these ancient Egyptian religions, despite evidence staring him right in the face. In his youth, dozens of books about Egyptian religions were readily available. *Our Oriental Heritage*, a book published in 1935, explains Egypt's early religions and how they evolved into modern religions. This book was a Book-of-the-Month-Club bestseller and was reviewed by major publications world-wide. The author won a Pulitzer Prize for non-fiction. Somehow, Reverend Harpur overlooked this book. It was only when Tom Harpur began studying religion versus theology that he could see he had been habitually turning a blind eye and a deaf ear to anything which might contradict his beliefs. He came to realise he had been wrong; his blind faith had prevented him from looking at what was hidden in plain view. As he delved more and more into the history of religions, he could see how wicked religions have always been.

Being a very well-known and respected Canadian scholar who wrote books, newspaper columns, and had his own television show, he was confident he could make people understand that their beliefs are fairy tales. He wrote several books to inform the public about his revelations. His books were read by academics but ignored by the general public. He believed most people are the same as he had been, stubbornly holding on to illogical beliefs while refusing to look at any evidence that opposes them.

People, it seems, want fantasy, not reality. Perhaps this is why Harry Potter enjoys huge sales, while Tom Harpur's books do not.

The World is Crying for Fantasy

Why is it that many people prefer to believe the fantastic rather than the obvious? It seems that the more farfetched an idea is, the more believable some people find it. Numerous books have been written about aliens from Outer Space landing on Earth and imparting their knowledge to various humans, mainly in Asia, Africa and the Americas, despite there being more realistic explanations for seemingly miraculous events.

In Peru, clearly seen from the sky, but not from the ground, are ancient pictures, some of which are over four-hundred feet long. The myth accepted by most people is that these geoglyphs were made by Space aliens. The more realistic but mundane explanation is that ordinary humans, who had the ability to fly, made them. There is evidence that Ancient Chinese, Egyptians and American inhabitants were familiar with hot air balloons, and their writings describe how men flew into the air.

How did Egyptians and other people manipulate stone blocks weighing ten tons or more? Hot air balloons, made in the shape of birds with outstretched wings, could easily have lifted and maneuvered these stones. Some scientists refuse to believe that older civilisations had the knowledge to build such airships, and they eagerly look for proof that aliens from Outer Space were responsible for building the pyramids.

The world-famous Canadian magician, the Amazing Randi, offered a prize of one-million dollars to anyone who could prove they have supernatural or paranormal abilities. This prize has never been claimed. Many people refused to believe Randi when he proclaimed his magic, along with anybody else's magic, is no more than illusion. Even after Randi debunked several "paranormal" acts, most people surveyed continued to believe they were done by magic.

Ancient Chinese built huge ocean-going ships which were over three-hundred feet long and sixty or seventy times the size of any European boats. The Chinese had gunpowder, cannons and guns when Europeans were still using bows and arrows. Why shouldn't an advanced civilisation like the Chinese be able to fly? We know they have made miniature hot air balloons which children in China have been flying for centuries. Why not larger balloons which are capable of lifting thousands of pounds?

It is incredible how people are eager to believe that aliens from Outer Space visited the Americas and Egypt where they built the pyramids and taught the local inhabitants about the Universe. The simple fact is that people in China, Egypt and America had studied the skies for centuries by travelling above the clouds to get a better view of Outer Space.

The truth is always much more mundane than fantasy, but, to a rational scientist, much more believable. The hieroglyphics which people believe depict Space alien airships are actually indicating hot air balloons. These balloons, made in the shape of birds with outstretched wings, because of their large surface area, had the capability of lifting stone blocks weighing many tons. Incredible as it may seem to some, these balloons could be precisely maneuvered to accurately place huge blocks of stone one on top of another to build the pyramids, which are, in some cases, fifty stories high. These balloons could also have travelled above the clouds to give ancient people a better view of the skies. This is how these people knew more about the planets and the stars than other inhabitants on earth. When Europeans were still believing the Sun travelled

around the Earth, the Chinese, Mayans and Incas had accurately drawn out the skies, showing all of the planets travelling around the Sun, as well as all of the visible stars, which they gave individual names to. In the thirteenth century the Chinese already knew that the Earth sped up and slowed down because it has an elliptical orbit. With advanced mathematics, the Chinese calculated the precise number of days in a year (365.2425). Also, by understanding how the Earth naturally wobbles as it rotates, they predicted when polar ice would shrink in size and when it would begin to grow. This wobble changes the angle which the Sun's rays strike the Earth, resulting in varying degrees of heat at the Earth's poles, resulting in varying amounts of polar ice, resulting in climate change.



440 Foot Long Geoglyph of Bird

